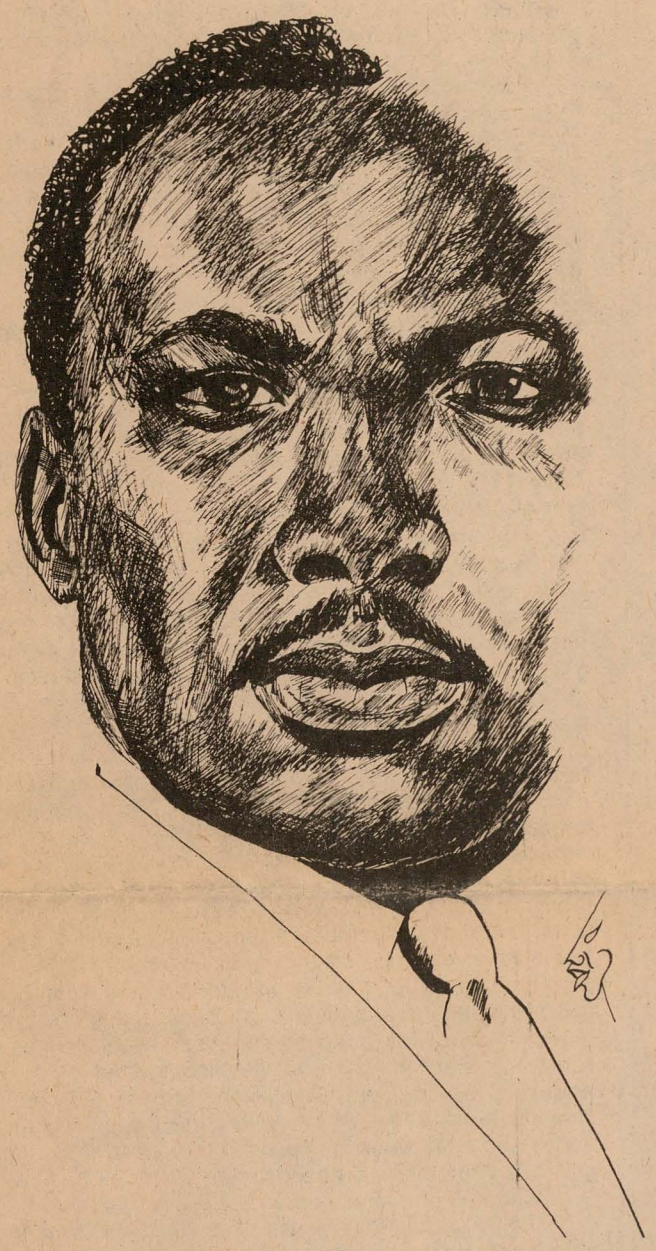
Star Presidian

Volume 19, No. 1 | Presidio of San Francisco | Friday, January 9, 1976

Black Freedom . . .

Presidio observes Dr. King's birthday



The Presidio will celebrate the birthday of Martin Luther King, Jr., Jan. 15, with several programs throughout the day. "Montgomery to Memphis" will be shown at the Post Theater from 12:30 to 2 p.m. The Post Chapel will hold a service from 2:10 to 2:40 p.m. Then from 2:45 to 3:30 p.m., there will be a Cake Cutting Ceremony at the service club.

All military and civilian personnel desiring to participate will be excused from their duty sections. Civilian personnel will be on training status.

King was born in Atlanta in 1929, and graduated from Morehouse College there in 1948. He went on to Crozer Theological Seminary in Chester, Pa., where he earned his bachelor of divinity degree in 1951. He was president of the student body at Crozer, and was awarded the J. Lewis Crozer Fellowship. As the outstanding student in his graduating class, he also received the Plafker Award.

Dr. Martin Luther King Jr., the son of an Atlanta Baptist minister, became the spiritual and political leader of his race during the 1960's, and was awarded the Nobel Peace Prize in 1964 for his contribution to the welfare of mankind.

He was ordained in 1947 as a Baptist minister at Atlanta's Ebenezer Baptist Church, founded by his grandfather. In 1953, he married the former Coretta Scott of Marion, Ala., and in 1955 he earned his PhD. degree from Boston University, while pastoring the Dexter Avenue Baptist Church in Montgomery, Ala.

In December of that year, he formed the Montgomery Improvement Association and organized a landmark bus boycott in protest of the segregation of city buses. He led the boycott, which lasted over a year, and managed to keep Montgomery blacks united and non-violent the entire time. He organized car pools, raised money, and held weekly meetings to keep up morale.

The boycott began when Rosa Parks, a black woman, was arrested for refusing to offer her seat on a bus to a white man. It ended over a year later, when the city government officially stopped racial segregation on city buses following a court ruling.

In 1956, Dr. King organized the Southern Christian Leadership Conference, along with 100 other ministers. He headed the conference until his assassination in 1968. Under his leadership, the SCLC became a real force in the civil rights movement in 1963, when massive demonstrations were held in Birmingham.

The protest marches in Birmingham that year resulted in King's arrest, and his writing of "Letter from a Birmingham Jail." The marchers were demonstrating for fair hiring practices, the establishment of a biracial committee, and the desegregation of department store facilities.

On Aug. 28, 1963, at the March on Washington, over 200,000 Americans of all races heard King's famous "I have a dream" speech. The March was sponsored by more than 400 organizations to bring pressure on Congress for the passage of the 1964 Civil Rights Act. It was one of the largest peaceful demonstrations of our time, and accomplished its goal.

King was named Time Magazine's Man of the Year in 1963, and in 1964 he traveled to Sweden to accept the Nobel Peace Prize. He returned to help in voter registration campaigns in Selma, Ala., where he led marches to the state capitol in Montgomery. King exhorted his followers to "walk together, children," and said, "One of the most significant steps a Negro can take is the short step to the voting booth." In 1965, the Voting Rights Acts was passed.

King's books include "Stride Toward Freedom," (1958), "Strength to Love," (1963), and "Why We Can't Wait."

King was assassinated on April 8, 1968, while he was leading sanitation workers in Memphis, Tenn. in a protest march. Shortly before his assassination, he said, "We've got some difficult days ahead; but it really doesn't matter with me now, because I have been to the mountaintop." Reprinted from THE BAYONET

A Foggy salute

Photo by C.D. Steen



Members of the 170th Military Police Honor Guard **render a salute to the Royal Swedish ship ALVSNABBEN as it sails into a fog enshrouded San Francisco Bay. The Swedish vessel, which sailed under the Golden Gate Bridge early Tuesday, was given a 15-gun salute from four 105mm cannons to officially honor and welcome the ship into the Bay. The cannons were positioned on the large pier near Ft. Point. The Swedish vessel fired their own guns as it entered the Bay, prior to the U.S. Army's cannon salute.**

Changes proposed for WAC uniforms

Many fashion changes for women resulted from a recent meeting of the Army Uniform Board.

Chief of Staff General Fred C. Weyand approved 15 recommendations made by the board, most of which affect women's apparel. Changes resulting from the approved recommendations include:

- Adding four fatigue uniforms to the basic enlisted women's issue. DoD funding must be approved before issue can begin. Fatigues are now an organizational item issued to women only when duty or training require their wear.
- Adoption of a women's polyester gabardine Army green pantsuit with a gray/green turtleneck overblouse. Adoption of the turtleneck hinges on favorable testing.
- Authorizing for optional purchase the women's green pantsuit in warp knit fabric.
- Adoption of women's warp knit summer uniform, with short and long sleeve jacket and skirt in a medium green color (AG 388).
- Adoption of a women's black polyurethane handbag to replace the black leather handbag.
- Changing the basic issue of women's white cotton/polyester shirt from five to three and black oxford shoe from two pairs to one pair.
- Deleting grey plastic overshoe, training duty uniform used for PT and women's gym shoes from initial issue for enlisted women.

did you know...



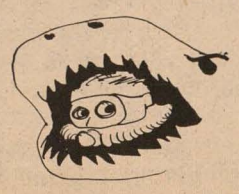
Big blood drive

January is a critical month for blood donations, according to Sergeant First Class Ron Renouf, Blood Drive Coordinator for the Public Affairs Office. Renouf says many people have surgery after the holidays and blood banks become depleted. So, says the big sergeant, with a smile, "Now is the time to volunteer for the January 21 blood drive." Stop smiling Ron. Ron?

Seriously, blood donations help others and help ourselves at the same time. If you're in good health, share the wealth.

200 years of Army history in 15 minutes

The Forces Command Bicentennial Exhibit is currently on display in the Main Post Exchange. Eight visual and audio-visual modules make up the exhibit. These feature three color slide presentations (4-5 minutes each) depicting Army history, Army contributions to society, and US Army Forces Command. An interesting narrative accompanies each slide program. The exhibit will remain there through Jan. 14.



YMCA Scuba diving course

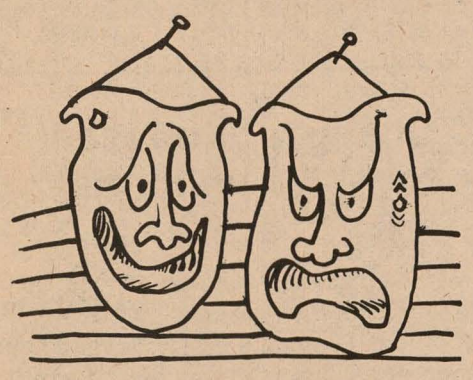
Signups are now being accepted for scuba lessons being offered at the Central, Embarcadero and Chinese branches of the San Francisco YMCA.

The YMCA Scuba course includes six classroom and pool sessions held weeknights at the "Y" and four open water classes held weekends in Monterey.

Those who successfully complete the course will receive YMCA Scuba Diver Certification.

Scuba lessons start at the Central YMCA Wed., Jan. 28, at the Embarcadero YMCA Tues., Jan. 13, and at the Chinese YMCA Thurs., Feb. 19. Class sizes limited, and reservations are necessary.

To sign up or for more information, call 282-5879.



Presidio Players pursue perfection

The new year at the Presidio Playhouse starts with a busy schedule, with tryouts for a musical and the opening of a new comedy with music.

Wednesday and Thursday, Jan. 14 and 15, auditions will be held at 7:30 p.m. for "PURLIE," the black musical based on "Purlie Victorious," by Ossie Davis. Casting calls for 32-42 black singers, dancers, actresses and actors. Parts are available for two white male actors. Tryouts are open to all interested personnel and those auditioning are requested to have a prepared focal selection. Previous acting or theatrical experience is not necessary. Performance dates will be in March at the Playhouse.

Neil (THE ODD COUPLE) Simon's new comedy with music, "THE GOOD DOCTOR," opens on Jan. 16 at 8 p.m. The production will also play on Jan. 17, 18, 22, 23, 24, 25, 29, 30 & 31. Thursday, Friday and Saturday performances will be at 8 p.m. and Sundays at 7 p.m. Tickets are $2.00 and the Box Office at the Playhouse is open from 1 to 5 p.m., except Sundays, and 30 minutes before the performances. The play is adapted and suggested from stories by Anton Chekhov. The stories are droll, the portraits affectionate, the humor infectious, and the fun unending.

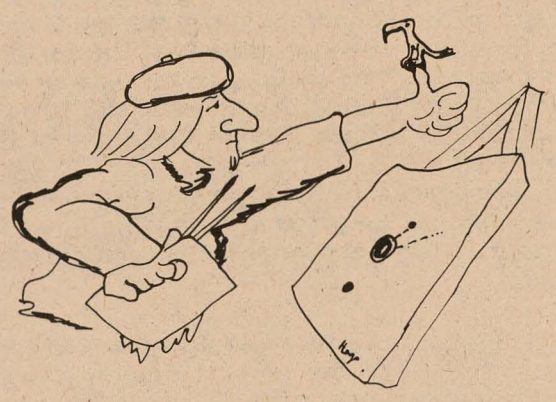
AUSA luncheon

Army Chief of Staff, General Fred C. Weyand, will be the honored speaker at the San Francisco Chapter, Association of the U.S. Army, January luncheon meeting.

The topic of his address will be "After 200 years, What Does the Future Hold for the U.S. Army?"

The luncheon will be held at the Presidio Officers' Club on Fri., Jan. 23. There will be no-host cocktails at 11:30 a.m. with lunch served at noon.

Reservations will be at a premium, so order your tickets now as no tickets will be sold at the door. For tickets and further information, contact Mr. Robert Joy, at 2035 or Shirley Araujo at 2669.



Art contest

For all the yet unknown Van Goghs and Rembrants out there, STAR PRESIDIAN is sponsoring a contest to see who can draw the best representation of the Presidio. The contest is open to all active and Reserve military, civilian Army employees, retired military and dependents. There will be three age categories: 5-11, 12-18 and 19 and above. Awards will be given on the basis of craftsmanship, originality and design. All judging will be done by the STAR PRESIDIAN staff. There will be six prizes, of first and second place, for each age category. Deadline for submissions is January 27, 1976. Results will be published in the January 30 edition. Send all submissions to the editorial offices of the STAR PRESIDIAN, Bdg. 37, Presidio.

Donuts, donuts and more donuts

The donut shop annex to the PX cafeteria, patronized and inhabited by soft, round objects, is open again after many months. A grand opening will take place during January.

Public affairs meetings

WE THE PEOPLE is a bicentennial project organized so that the San Francisco community can be given an opportunity to participate in planning their future.

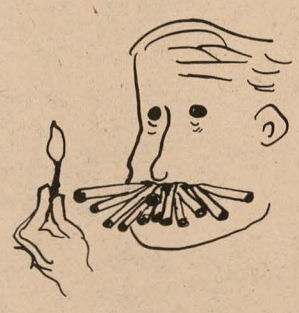
This will be accomplished in a series of meetings to be held so that citizens can express their concerns.

The first meeting covering jobs, economy, taxation and transportation will be held on Jan. 15, from 7:30 - 9:30 p.m. at Fireman's Fund Insurance Co., 3333 California Street, San Francisco.

Education will be the topic at the second meeting on Jan. 22, 7:30 - 9:30 p.m., at 3000 Folsom Street, San Francisco.

The last meeting, on crime and criminal justice, will be held on Jan. 29, 7:30 - 9:30 p.m., at 3333 California Street, San Francisco.

Presidians are invited to attend.



PX to raise price of cigarettes

Because of manufacturers' cost increases, the Army and Air Force Exchange Service (AAFES) will raise its cigarette prices by 20 cents per carton. The increase was effective Dec. 26, 1975. The cost of a package of cigarettes will remain at 30 cents in overseas exchanges and 35 cents in CONUS.

The price increase means that king-size and regular cigarettes sold in overseas outlets of AAFES will rise to $2.65 per carton and to $2.75 per carton for 100mm and 120mm. In CONUS, Alaska and Hawaii exchanges, the carton prices will be $3.35 and $3.45.

Personnel management responsibilities

This is the sixth article from the Civilian Personnel Office on key points of Civilian Personnel Management.

USING INCENTIVES & ENCOURAGING SUGGESTIONS

In any workforce there are employees who either perform their total job in an outstanding manner, making them more productive than others, or who perform parts of their job or accomplish a special service which helps accomplish the Army's mission. It is the supervisor's responsibility to recognize these productive employees either formally or informally. The latter can be accomplished by the pat-on-the-back or by a written statement of appreciation or commendation.

For formal recognition there are a number of established awards granted by the Army (see AR 672-20). The most common of these are the Quality Increase, the Sustained Superior Performance Award and the Special Acts Award. The Quality Increase, granting an additional step increase to a Class Act employee, represents a high quality performance award and its benefits accrue over the years as it is expected that the employee's performance will continue at a high quality level for many years. The Sustained Superior Performance Award is granted on the basis of performing a major portion of the job in a manner which clearly exceeds standards for satisfactory performance for a period of at least 12 months. The Special Acts Award is based upon the significant achievement by an employee of any act or service which is considered beneficial to the Army.

All of these awards are motivational devices and their use should be carefully considered by all levels of supervision. Supervisors are reminded that prudent use is essential to assure that only those who meet or exceed established criteria receive the award. The Department of Army has set Army-wide guidelines which state that not less than 5% and not more than 10% of the workforce will receive monetary awards. The PSF Civilian Personnel Division can provide further guidance on their use.

Another aspect of the Army's Incentive Awards Program is its Suggestion Program which applies equally to military and civilians. Every soldier and employee is encouraged to suggest a better, more effective way of accomplishing the Army's mission. Supervisors are to encourage participation by employees and should act promptly whenever they are asked to evaluate suggestions. The Army has established specific time guidelines on this function which is essential to a successful suggestion program. A healthy submission rate can be indicative of good personnel management practices and it could be reflective of a work atmosphere where everyone has a share in establishing goals, developing methods and achieving results. Commanders and supervisors should demonstrate positively that they welcome the ideas of their troops and employees in improving the operation of their unit. The Army has paid handsomely for ideas that have been adopted and have proven beneficial.

The Presidio of San Francisco and many of its tenants have traditionally failed to meet DA established goals in this program. In these times of reduced resources with no evident decrease in mission it is the responsibility of every manager and supervisor both military and civilian to make every effort to encourage participation, assist in the development of ideas and to evaluate suggestions in a timely manner, thereby assuring success in the Army's Suggestion Program.

Information Office changes name

Effective Jan. 1, 1976, the title of the Information Office was changed to Public Affairs Office. Major Michael Williams' title will be Public Affairs Officer.

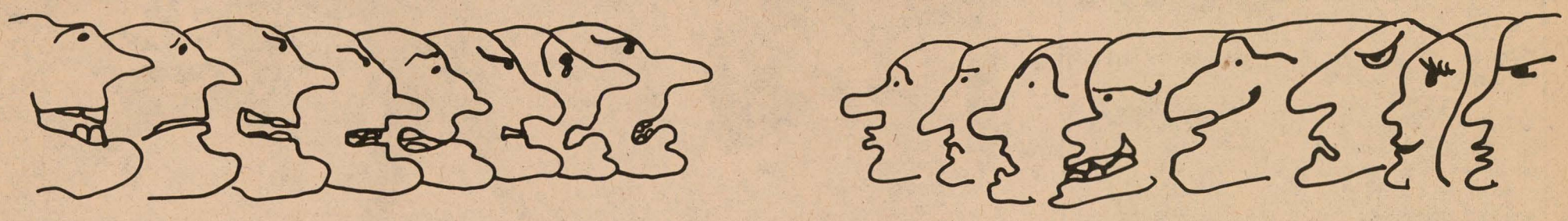
Action line

The Commander's Action Line is available to help with problems or answer questions. Anyone (troops, families, civilian employees) with a Presidio-related problem that cannot be solved throught the chain of command can telephone or write and get action.

Dial the 24-hour phone service: L-I-N-E, or send your questions to:

Action Line
Information Office
Presidio of San Francisco, CA 94129

It's not what you say. . .



by Linda Crouse

"Man, you are really weird!" Put down? Maybe not. "You are such a nice person." Compliment? Maybe not. If the first sentence is said affectionately by a good friend and the second is said too sweetly by someone you distrust, the message may be just opposite what the words suggest.

Communication. What's it all about? Communication is a word frequently heard these days and one that has many different meanings. In a limited sense it means the exchange of spoken words, but in a broader sense it means the interaction between two people. For example, a slap in the face and making love are definite forms of communication though it's possible that no words are spoken. There are many different levels of communication. One theory delineates five levels: spoken words, voice quality, body language, behavior, and, for lack of a better word, "vibes."

Spoken Words. The easiest level to single out is the words that are actually spoken. Even at that level two intensely involved people may honestly hear different words spoken. The choice of words and arrangement of words is important. Some words are inflamatory, evasive, belittling. Messages can be clear and concise or rambling and disguised. Some people are so adept at being vague that they communicate in a way that insures they won't be heard.

Voice Quality. Voice quality is obviously important. If words are pushed out through clenched teeth the voice will have more weight than the words. Likewise, with a flat, apathetic, "I feel angry", the voice will again convey more than the words. Some voices are lyrical and delightful to hear, others are grating and irritating regardless of the content.

Body Language. Positioning and movement of the body is an important part of communication. The person who tightens his body when embraced, scowls, walks with bent head and stooped shoulders is communicating. A word of caution here about "reading" other people's body language (a popular pastime for many) unless you also check with the individual to see if you're accurate.

Behavior. Actions speak louder than words is an old saying which sums up the importance of behavior. The individual who continuously apologizes for slob behavior and continues to be a slob or promises to stop drinking, save money, exercise, etc., and doesn't is communicating at a different level that change is not the priority.

Vibes. Deeper or more encompassing yet difficult to talk about objectively is the intuitive or vibe level of communication. Words, expressions, behavior may all consistently convey one message but intuitively you don't believe it. The intangible quality or intuitive "knowing" is evidenced when there is an immediate response to a person or situation which is often followed by looking for the reasons to explain the response.

Additional Thoughts About Communication

You can't NOT communicate or you are communicating all the time. Concerns and complaints of "We don't communicate" mean either we don't communicate skillfully or we don't agree. Simple lack of exchange of words is not absence of communication.

Communication may not solve problems. Some people communicate clearly and just disagree or have relationship problems.

The more agreement there is between words, voice, body language and behavior, the more effective the communication. Confused communication occurs if three or four different and conflicting messages are being sent at different levels.

At one level or another your "real" message will be picked up at that same level by the other person. The emotional truth of the communication will be felt by both of you.

Ways to Improve Communication

If you're dissatisfied with the effect of your communication, take a look at the different levels described. Do your words clearly state your message or do they disguise it. "I" communication may help here. I feel, I think, I want, is usually clearer than "Let's", "We should", and "You" communications which are often disguised "I" messages anyway.

Communication is simplified if you can rely on others to say exactly what they mean and they can rely on you to do the same. Good-by mindreading and guesswork. "You" communication is very often accusatory and likely to result in a defensive response.

Listen to your own voice. Would you like to hear that voice if you were someone else.

How is your listening? For many people, listening long enough to hear is a problem. A common feature of poor communication is that before one person is halfway through a sentence or thought, the other is preparing a defense or rebuttal. Do you listen well enough to simply repeat word for word what was said regardless of your reaction to it?

Are all the levels of your communication congruent? Do your words, voice, body, and actions all agree with each other? If not, you may learn more about where you're at by becoming aware of discrepancies and what they mean. Have you developed and do you trust the intuitive level of your communication? If not, give it a try.

A Ph.D. is not needed to understand and communicate effectively, though taking a detailed look at communication may imply that it is. Simply being aware about what you think and feel and what you want to communicate, and being open and receptive to others' thoughts, feelings and communication are the true essential ingredients for meaningful communication.

Expectant parents learn what to expect

By Carol Cronin

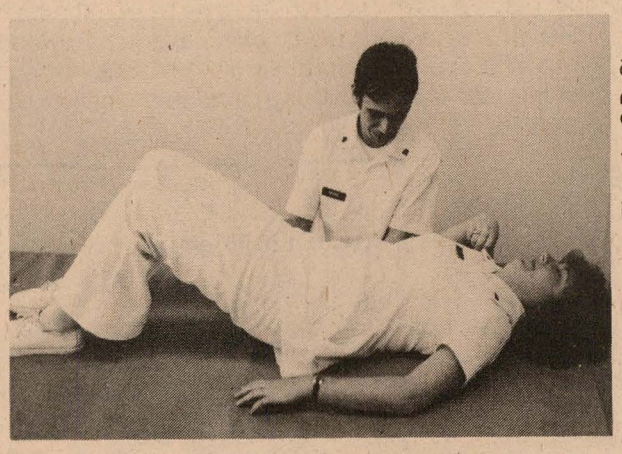


Photo by C.D. Steen

***The pelvic tilt exercise* to relieve low back pain, strengthen abdominal muscles and improve posture is demonstrated by physical therapy specialists Sp4 Bob Moore and Sp5 Linda Hill.**

Do all pregnant women get cavities? Not really, but couples attending Letterman Army Medical Center's Expectant Parent Classes will be warned that pregnant women are especially prone to getting them. This is part of what they'll learn in six Thursday evening classes covering care during pregnancy, care of the mother after delivery, labor and delivery and care of the newborn.

During one class, a physical therapist will demonstrate exercises to avoid poor posture which accentuates back pain. The therapist will also teach more direct exercises to relieve back pain, and strengthen abdominal muscles. Some practical tips, such as ways to carry heavier objects, will also be demonstrated.

The dietary advice given to pregnant women has changed a little. Captain Jacqueline Coffey, Community Health Nurse who organizes the classes, said "Doctors no longer object to a woman gaining a little weight during pregnancy." She stressed more that women shouldn't diet during their pregnancy. However, it's still important to drink milk and get a lot of protein.

The class will take a tour of the labor and delivery room to familiarize themselves with the equipment and the steps of the delivery. An obstetrician will answer any further questions.

One class is a group discussion headed by a Chaplain. The couples exchange reactions to approaching parenthood. "Most of the couples are having their first child," said Cpt. Coffey, "so they appreciate the chance to talk out their feelings and questions."

A pediatrician gives a lecture on care of the newborn child, outlining such early health care steps at the DTP, or Diphtheria, Pertussis, Tetanus shots which are first given when the baby is only six weeks old.

Of course, what expectant parent course is complete without instructions on preparing the baby's formula, and how to give the baby a bath. There is a separate breast feeding class the first Wednesday of each month from 2:30 to 4:30 p.m. to discuss the pros and cons of breast feeding. Cpt. Coffey said that more and more women are considering this.

About half the couples taking the Expectant Parent Classes also take the LAMAZE course. Cpt. Coffey explained, "LAMAZE is a relaxation technique to make delivery easier. The husband has a large role as the coach, helping his wife relax and focus on something to take her mind off the pain." Although it is sometimes referred to as such, LAMAZE is not pure natural childbirth. They don't advocate not using an anesthetic. LAMC offers a LAMAZE course periodically.

The Expectant Parent Classes start Jan. 15 from 7 to 9 p.m. and end Feb. 19. They will be held in the Professional Staff Conference Room, third floor of the hospital. The class is almost full, but Cpt. Coffey said there is room for one or two more couples. The next class will be at the end of April with room for about 20 people. For registration or further information, call the Community Health Nurse at 561-2003 or 561-4994.

Star Presidian

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Ramblin' Sam

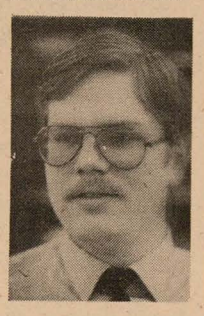
Why did you join the Army instead of another service?



SFC Ron Renouf: The honest truth is I got mad at my boss one day and decided to quit the job I had and join any service that had a recruiting office nearby. It just so happened it was an Army office."



Sp5 Norman Mitchell: "Because of family tradition. Every person in my immediate family has been in the Army. That comes to sixteen when my cousins and uncles are included."



Sp5 Thomas Frazier: "I've talked to people who were in other services and found that promotion possibilities are much harder to come by. Also, the Army gives better opportunities to continue civilian education."



Sp5 Ruby Johnson: "The Army has the Stripes for Skill program. As a United Parcel Service personnel clerk for three years, I was eligible. I came in as a PFC and after I finished training I was promoted to Sp5."



Photo by C.D. Steen

An 864th Engineer basketball teammember **hits the deck during a pressure play against LAMC #2, during intramural competition at the post gym Tuesday. LAMC #2 held on throughout the contest to win 49-34 over 864th.**

Sports



B-ball rules for the unwary

by Mike Johnson

Invented by James Naismith in 1891, basketball was initially designed to replace the traditional, mundane calisthenics employed during the winter lull in sports.

Although rules and techniques have been altered significantly in the last 84 years, the object of the game remains the same—putting the ball through the netted hoop.

That's the only thing that puts points on the scoreboard. Regardless of how well a player dribbles or with what dexterity he spins the ball on his index finger, it doesn't rack up the points. The way to influence the scoreboard demands several methods from lay-ups to hooks, from running one-handers to jump shots.

A shot is an entire offensive movement, not just sinking the ball in the basket.

For half a century during basketball's infancy, most players used two-hand throws to sink the ball. However, then Hank Luisetti came on the hardwood courts of Madison Square Garden in 1936, he dazzled the fans by using a one-hand technique.

To make a jump shot, West Point's ex-basketball coach, George Hunter, suggests, "The left hand is under the ball, the right hand behind; both have fingers spread. The tips of the fingers are in control. The feet face the basket with knees slightly flexed. The ball is taken up with two hands for stability. When the ball is carried up, the shooter jumps. (It is a mistake to jump and then bring up the ball.) At the top of the jump, there is a fraction of a second where the body is static. At this point release the ball."

The advantages of the jump shot are such that it is the surest method of eluding a defender since he may go left or right with you but seldom up.

It provides an excellent balance in shooting if the player takes the shot at the top of the jump. The player is closer to the level of the basket and his position offers him a good field of vision for passing off the ball at the last moment. Finally, it may be used effectively at close and long range, reducing the height disadvantage.

Although the jump shot has been proven to be a very reliable technique for scoring, it is not the only shot in the game. From the PENTAGRAM NEWS

The Presidio basketball standings as of January 6 are:

Presidio League	**Won**	**Lost**
LAMC #1	6	0
LAIR	4	1
USAG	3	2
666th Radar Squadron	3	3
402nd MP	2	3
Support Element	1	3
Western RRC	1	4
170th MP	1	5

Fort Scott League	**Won**	**Lost**
AFPD	6	0
Hq 504th MP	4	1
LAMC #2	3	2
16 BPO	3	2
Dist. Corps of Engrs	1	4
864th Engineers	1	4
USACC	0	5

Track stars

Presidian trackster George Stewart ran a 13:54 three mile jaunt on January 3 at a San Mateo track meet in preparation for the 5000-meter Indoor National Track Championship to take place in February. George, a member of the All Army Track Team, will also compete in the U.S. Olympic Trials.

Fellow Presidians Gerry Garcia and Mike Louisiana are also busy preparing for the Trials which will be held in the track town of Eugene, Oregon. Gerry is training for the 10,000-meter run, while Mike will compete in the Discus throw.

Squash tournament

The two month squash tourney, which pitted 15 people from around the post against each other, ended December 22 with LAMC's Thomas Eagan downing 6th Army's Edward M. Flanagan, three games to two.

The double elimination tourney was held at the post gymnasium.

State military golf tourney dates set

Dates of the third annual California State Military Golf Championship have been announced as February 27-29.

Col. James D. Gormley, vice commander of the 93rd Bomb Wing, Castle Air Force Base, and tournament coordinator, stated that entry blanks will be available after Jan. 1.

The tournament, held at the Rancho Del Rey Golf Course in the San Joaquin Valley town of Atwater, is limited to the first 144 entrants. Only those members of the military services on active duty in California are eligible. Individual and team championship honors are at stake, plus $2,000 in prizes.

The tournament is 36 hole play, with the first day being a practice round. Col. Gormley said that entry forms will be available at Special Services offices of all the Army, Air Force, Navy, Marine and Coast Guard stations in California. They also can be obtained by writing to Culver at Rancho Del Rey Golf Course, 5250 Green Sands Rd., Atwater, CA 95301.

San Francisco champions

The Buckeyes, a bowling team from the Presidio took second place out of 180 teams at the San Francisco 8th Annual Mixed Fours Tournament. Cpt. Doug Kirby, his wife Judy, MSG Earl Hannan, and his wife Sharon bowled in the tournament on December 5, 6, 13 and 14 at the Sea Bowl in Pacifica.

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Presidio Main Post Library
PRESIDIO OF SAN FRANCISCO, CA 94129

This is for you, thief



It's just so easy isn't it? You just take a walk down the hall. You know who's gone out to the club or movies, who's snoring through a drunken stupor. A wallet here, a couple of bucks there, stereos, cameras, bunny boots, just pick them up from the rooms you know are open or unlocked. It doesn't matter that those things belonged to your friends. Who cares that the guy you're about to rip off now has been saving for six months to go home and spend Christmas with his wife and baby? It doesn't matter to you that the guy who spent his last buck to buy you a beer last night was down to his last buck because you ripped him off last payday.

You simply tell yourself he asked for it, right? Sure he asked for it. He trusted you, thought you were his friend. What a sucker! Right? Wrong man, cause the real sucker is you!

There are words for people like you, common words, foul words, familiar words scribbled on bathroom walls. What kind of a person are you? Don't you realize what you're doing, the risk you're taking, the kind of damage you're doing to yourself as well as your victims?

Are you that stupid?

You probably think you're pretty sharp. You're lining your pockets at someone else's expense and you haven't been caught yet. You're really getting over and that's all you care about. Well, listen fool. There's a whole lot more to it than that and you're bound to find out sooner or later. The consequences of your actions affect a lot of people, including you.

Why do you do the things you do?

No one but you can be sure of that, even you might not really know. No matter what excuse you give yourself, there is no good reason for what you do. *What kind of person are you? How does your mind work? What is it about you that makes you think it's actually alright, that you can get away with ripping off the people you live and work with? Do you think the Army owes you something and you're going to get your share by taking it from someone else?*

It just doesn't work that way. For most of us, the barracks is the only home we've got. Maybe it isn't fancy and sometimes it seems we live with a lot of hassle but everybody does what they can to make that concrete cubicle a comfortable place to live, somehwere to relax and get away from all the problems we face day by day. Most of us work and plan and save to find a way to retain our sanity, whether it's by a bigger and better stereo, photographic equipment or money for a trip home.

If we had to live our lives in barren, empty rooms, not permitted to own anything valuable, most of us would go crazy. Home is the only place anyone has to relax and get past the hassle we face each day. When you steal from someone else in the barracks, you make everyone nervous. If they can't feel safe in their own room, they have nothing. Morale goes down, trouble starts and the place that once was a refuge becomes another battlefield.

We can't choose where we live or who we live with. Somehow, we have to learn to live together or life will be hell for everyone. You rip somebody off and it screws up everything for everyone, including you.

Whey you steal from the people you live with, you take more than material things. You take their plans, their security, a piece of their sanity. You also steal the piece of their lives they spent in the Army to earn the money to buy those things.

Maybe you don't like the Army or you don't like living in the barracks. A lot of people feel that way. If this is your way of getting even with the system, you're making a big mistake. You put a little dent in the system by breaking the rules, you even make extra work for the people who have to fill out paperwork and do footwork in connection with the theft. Sometimes, you may even cause the Army to pay out some money to replace what you stole. **Big Deal!** All that accomplishes as far as you're concerned, is to have someone impose new security measures, new restrictions to keep it from happening again.

You say you hate the barracks? It feels like a prison? If so, that's your fault and you suffer along with everyone else, when actually you're the one who belongs in prison.

Most people learned when they were young that stealing was wrong. Maybe nobody cared enough about you to tell you how to stay out of trouble. You don't seem to care about yourself either. If you did, you'd be more careful to see nothing happens to you. As it is, you're courting disaster, cause thief, you're going to get caught, one way or another.

Maybe the first time you took something, you couldn't resist the temptation. When you got away with it, you tried it again. And again! And again! Each time, each theft, the risk is greater, there's a better chance of getting caught.

Besides that, there are fewer cases of barracks larceny which are not solved. Military Police Investigations solve ratio has increased from 22% to 73% in only two years. Believe it, the odds are against you.

Maybe you think you won't get caught because some people don't report the theft of unsecured items, because the government won't pay for their loss. You might have the idea that people are so much against the establishment that they would rather let you run around taking anything you want rather than report you to the authorities.

That may have been the case in the past, but don't count on it lasting. No one is going to put up with your garbage much longer. With your commander placing more emphasis on crime prevention, your potential victims—your buddies—are going to realize what they've been letting themselves in for.

So far this year, you and people like you have stolen more than $39,750 work of merchandise, money and happiness from the people you know. What kind of person are you? You're a parasite, living off the rot and corruption growing inside you as you suck the life out of everyone around you. It won't be tolerated any longer.

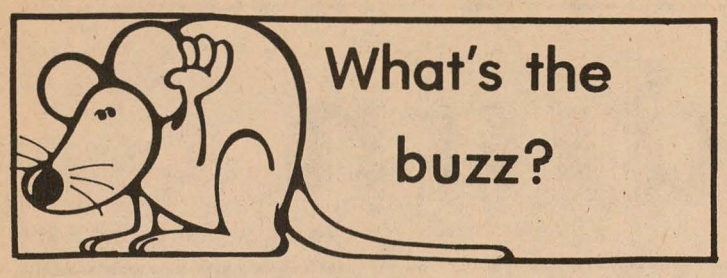
It's a shame that we have to live under lock and key, tying down and engraving everything we value. It's a pity we can't leave a jacket or camera somewhere and expect to find it a few minutes later. It's a crime we have to be so paranoid that we can't walk down the hall without locking up our rooms like Ft. Knox.

Nobody likes to have to do those things but more people are going to become conscious of the threat you present. When that happens, it'll cut down an estimated 50 percent of your thefts. When something is stolen, proper measures will be taken. The crime will be reported sooner, and everything will be done to make sure you're caught.

One thing you can be sure of, you rotten scum, we're going to stop you. It's gone too far. You've made too many people miserable, violated enough trusts, and prevented too many people from having a home.

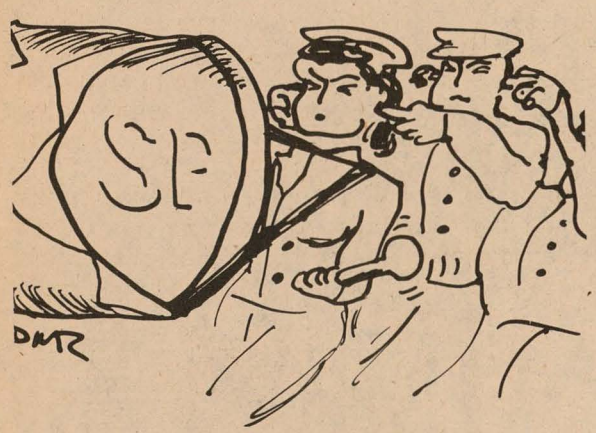
Sooner or later you'll get your due. When it happens and that cell door clangs shut behind you, remember, you asked for it. Welcome home, Sucker.

Statistics quoted in this article, from the YUKON SENTINEL, reflect the situation at Ft. Wainwright, Alaska.



Oops, sorry about that

Last week we described the cannon in the front page photo as a 105 Howitzer. Lieutenant Steven Simonton informed us it is actually a French 75mm.



Band concert

The Sixth U.S. Army Band will play January 21 at 7:30 p.m. at the Presidio Playhouse. The program will be part of celebrations for the 6th Army's 33rd anniversary on January 25.

Ed Center classes

ENG 107: Literature & Experience, Jan. 19 - Mar. 10, Mon. & Wed., 6 to 9 p.m.

PSY 451: Theories of Personality, Jan. 20 - Mar. 11, Tues. & Thurs., 6 to 9 p.m.

BUS 460: Principles of Office Administration, Jan. 19 - Mar. 10, Mon. & Wed., 4:30 to 7:30 p.m.

Rec center rocket

Friday, January 16, 4:30 p.m.—Come in relax, play games, watch TV, and join in the NCO Club dance at 9:30.

Saturday, January 17, 2:30 p.m.—Recreation Center opens for games, TV, and leisurely activities. At 3 p.m., your Recreation Center is sponsoring a bus ride to the Cow Palace so you can take in the San Francisco Sport and Boat Show. Come in now and sign up for this tour. The cost of admission is $2.00 for adults and 75¢ for children.

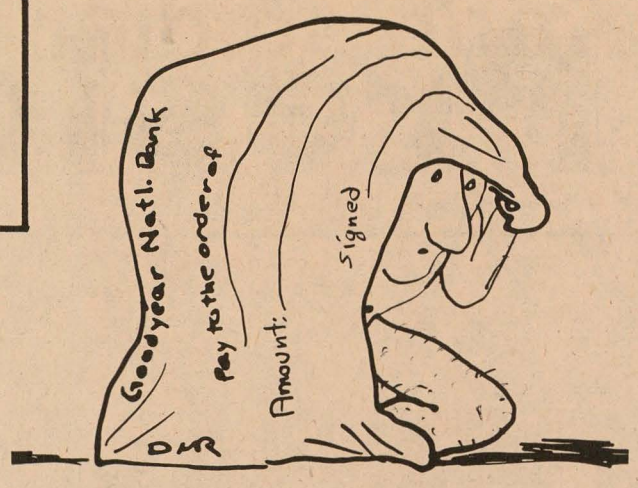
Sunday, January 18, 7 p.m.—COUNTRY WESTERN SOUNDS by Terry Rhymes, for all you Country Western fans. Make your plans now to come in and hear this group. Free to all eligible participants and we will provide the punch and sandwiches.

Monday, January 19, 7:30 p.m.—FREE CHESS LESSONS by Jeremy Silman of the United States Chess Federation. Come in and brush up on your technique so you can start beating your kids (at chess that is).

Tuesday, January 20, 8 p.m.—BID WHIST games. Get yourself prepared for the future tournaments.

Wednesday, January 21, 7:30 p.m.—ASTROLOGICAL CHART MAPPING with Earl Galvin. All military personnel, active or retired, enlisted or commissioned, dependents and guests are welcome. No charge for this worthwhile activity.

Thursday, January 22, 8 p.m.—PLAY DARTS. Aim for the bulls eye. Join in the good times. Win a trophy.



Bad check charge increases to $10

The surcharge for dishonored checks at Post Exchanges will increase to $10 January 27. Patrons passing checks with insufficient funds are now charged $5 by the PX but rising processing costs made the increase necessary.

Although the new charges will go into effect on Jan. 27, checks dishonored prior to that date will be assessed the higher charge if the checks are returned from the bank after that date.

Preretirement counseling session to be held

The biannual preretirement counseling session will be held from 8:30 a.m. to 12 noon, Friday, January 23, at the Recreation Center, Bldg. 135. The counseling session is open to all military personnel who plan to retire during the period Jan. 31 to Jul. 31, 1976.

Representatives from several pertinent agencies will provide individual and small group counseling at the meeting. The agencies will include: Veterans Administration, Social Security, California Employment Development Department, Civil Service Commission, Post Transportation (Household Goods Branch), Transfer Point and many others.

Counselors will provide information and publications referring to benefits available to retired service members and civilian employment opportunities available to the retiree. The counseling program is designed to assist retired military personnel in making a smooth and successful transition into civilian life. Wives are encouraged to attend.

Further information can be obtained from the Retirement Services Office (Bldg. 913), telephone number 561-3183.



Art Contest update

The final deadline for the great SP Art Contest and Memorial Jellyroll Bash has been moved from January 27 to February 10 says A.S. Writter, contest organizer. "Even people with no talent could win, since no one has entered yet," Writter says. "If nobody enters, I'll keep the prizes myself."

Entries should be sent to the STAR PRESIDIAN, Bldg. 37. All artwork should have the entrant's name, age group (5-11, 12-18, or 19 and above), status (military, DA civilian or dependent) and phone number.

"Enter now!" says A.S. Writter, "This may be your last chance to win an art contest."

Auto - ped accident

A Presidio soldier was admitted to Letterman with bruises resulting from an auto/pedestrian mishap last Tuesday in front of the Presidio fire station. He was treated and released.

According to Staff Sergeant Jack Balding, Provost Marshal Desk Sergeant, motorists and pedestrians should be especially careful because January weather creates foggy windows and hazardous morning driving conditions.

Turnover at the top

Lieutenant Colonel John H. Valient assumed command of the 504th Military Police Battalion on January 15, replacing Lieutenant Colonel Dana S. Kierstead. Captain Barry R. Ansell, Jr. relinquished command of Headquarters Company United States Army Garrison to Captain Mark T. Benezra on January 12.

Social Security taxes to rise

Senior Non-commissioned officers (NCOs), officers and Department of the Army (DA) civilian employees earning more than $14,100 annually will be paying up to $70.20 more in Social Security taxes during 1976. The taxes will be levied on the first $15,300 of earnings. The maximum Social Security tax next year will be $895.05, or $70.20 more than this year. On a monthly basis that could be as much as $5.85 more in deduction.



Rev. McInnes

National Prayer breakfast

This year's National Prayer breakfast is scheduled for January 29. On that day, Army soldiers will join with other service members world-wide and national leaders in Washington D.C. to acknowledge the moral and spiritual values which are basic to our nation.

Presidians will meet in Bldg. 50, (Officers' Open Mess) at 7 a.m. Addressing the gathering will be Reverend William C. McInnes, S.J., President of the University of San Francisco. Rev. McInnes is a member of the Civilian Advisory Committee for the Presidio of San Francisco and the Bicentennial issues forum, as well as other prestigious posts.

The tradition began as the Presidential Prayer breakfast in 1953 under President Eisenhower and has continued since that time. President Ford and other national leaders are expected to participate in this year's breakfast at the Washington Hilton Hotel. Taped messages by President Ford and newly appointed Secretary of Defense Donald Rumsfeld will be prepared and sent to military installations to be played at their observances of the Prayer breakfast.

For E-5s and below the Prayer breakfast will be free; but reservations must be made by January 27. All others attending will be charged $2.00 per person. Reservations may be made by calling 561-4435/4327.

PX surcharge to go up

The commissary surcharge in Army and Air Force operated commissaries worldwide will increase to four percent on February 1 to offset construction and improvement costs according to an Army-Air Force announcement made today. The current surcharge rate in Army stores is three percent in CONUS and Hawaii, overseas and in Alaska. Air Force stores impose a three percent surcharge.

The DOD approved surcharge increase, authorized under a 1974 federal law, will be used to finance construction and improvement of commissary stores.

Star Presidian

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Colonel Warren J. Lodge, commander
Major Michael J. Williams, public affairs officer
Sp4 David M. Ruff, editor
Sp4 Carol Cronin, reporter

Ruby: Single, parent, soldier

Photos and story by C.D. Steen

Ruby Johnson is a working mother. She arrives at her office every day at 7:30 a.m., gathers up all her paperwork and does her job for the next eight and a half hours.

But her mind isn't always on her job. She wonders about her two boys and hopes they are okay—typical of most mothers when away from their children. Being away from her boys often is one thing Ruby has gotten used to. She is not only a working mother, but is single, and in the Army.

Ruby Johnson, a specialist five, assigned as an assistant personnel management specialist at the Presidio's Personnel Office, elected to join the Army knowing the problems she would have to face with two dependent children.But she learned of the Army's Stripes For Skills program after talking to an Army recruiter a year ago.

She had just been laid off her job a few days before Christmas.

"I was going home after finishing my last day with the Kansas United Parcel Service," relates Ruby. "As I headed for the bus stop, I saw a sign in front of an Army recruiting station that read, "The Army Wants You.' I decided to go into the recruiting station to find out just how much the Army wanted me.

"The recruiter, after finding out about the skills I had acquired working with the parcel service, said I was eligible for the Stripes For Skills program and that I would be a Specialist five after completion of training in about four months."

"Before I could sign my enlistment papers, I had to go to juvenile court to sign papers giving my mother full custody of my children while I was away at training," said Ruby. (Besides this. other transactions have to be taken care of by any single parent planning to join the Army, as stated in AR 601-210, table 2-1).

"When I completed training I returned home and again went to juvenile court to reverse the custody back to me. I had to make Specialist five, which I did, before I could do this so I would be eligible for government housing. I was separated from my children six months before the transaction finally took place."

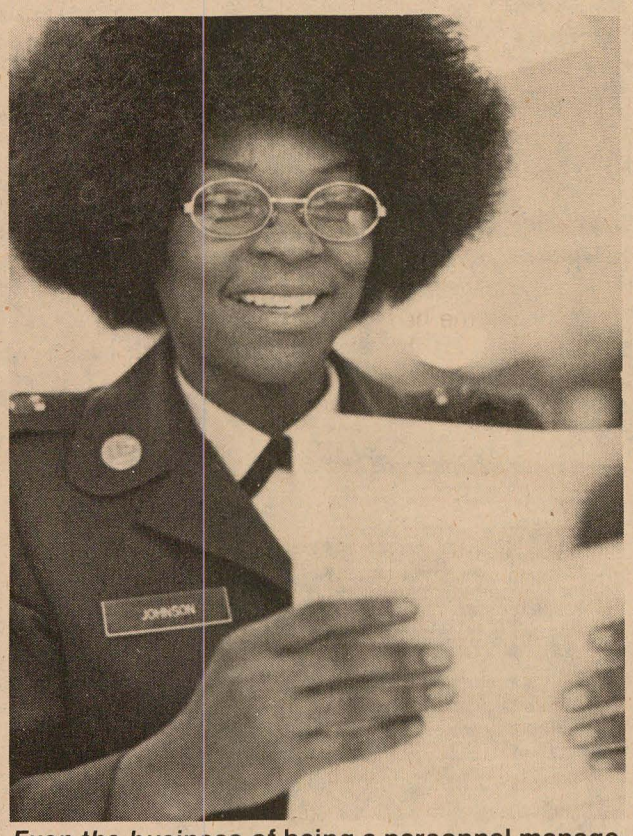
Now settled in government quarters on the Presidio, Ruby says she is doing pretty well. But because of her military responsibilities, problems come up. One problem is Charge of Quarters duty (CQ).

"When I come up on the CQ roster I have to start looking for a baby sitter, and I have found that most of them charge pretty high. I can't just leave my kids at home, yet I have to do my job. The Army itself hasn't helped me yet when such problems arise, but that's one of the prices I have to pay. I'm lucky, though, because I do have friends that help me out in these situations. Carol Walker (a co-worker in personnel) helps me considerably. She is also a single parent and shares my problems."

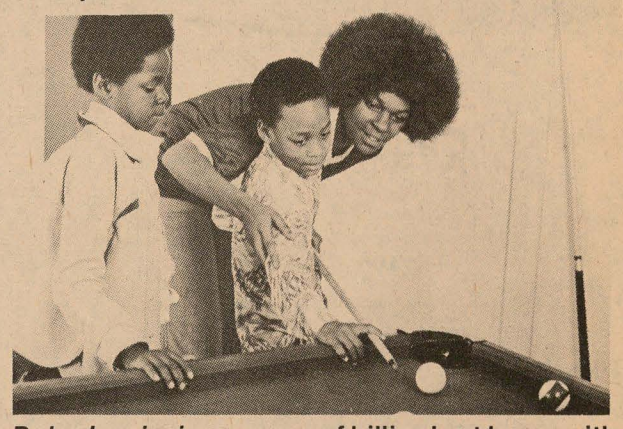
Should a problem dealing with her children arise while she is at work, Ruby has another friend—her office. She said that if she must leave because of her children coming down sick, Personnel has been very good about letting her off.

"If a guy wants to take me out on a date, often I'll request we go somewhere that my kids can go, too," she laughed. "But if I want to be alone with a man and need a baby sitter, my friends seem always to be around to take them for me. That's another Army asset—the people in it."

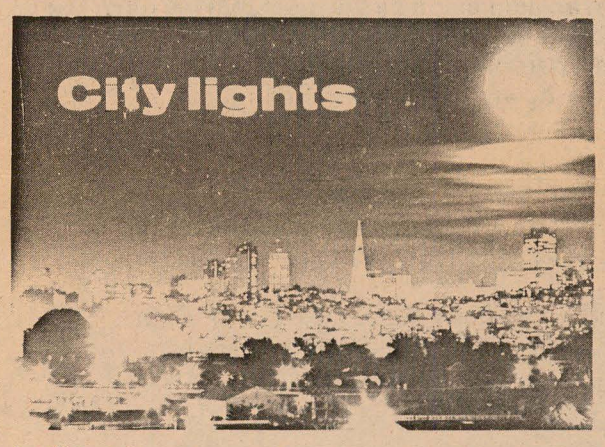
Ruby Johnson looks forward to the rest of the time she has to go in the service. When asked does she plan to stay in, she replied: "If I find a man who is in the Army, and plans to stay in the Army, well, then I'll stay in with him."



***Even the business* of being a personnel management assistant doesn't keep Ruby Johnson from thinking of her children.**



***Ruby J. enjoying a game* of billiards at home with her boys, Carter and Roy.**



by Carol Cronin

It's not quite spring, but City Lights is coming out of a brief hibernation anyway. So if you don't have the money or inclination to head for the snow resorts, here are some City happenings.

Friday, 16th Remember the old silent classics with only dramatic organ music accompanying them? They're being revived in the old fashion by Avenue Photoplay each Friday night at 8 p.m. The theatre is at 2650 San Bruno Ave. Tonight, King Vidor's 1925 **The Big Parade** is being shown. One of MGM's greatest money makers, it's a strong anti-war film set in World War I.

Saturday, 17th Let the football hero you've been hiding within yourself run for a touchdown today in Golden Gate Park. The San Francisco USO is sponsoring a CO-ED football game at 2 p.m. Interested masochists should meet at the USO, 1019 Market St., at 1 p.m.

The Walden Marionettes will charm your children at the San Francisco Children's Zoo. Admission to the zoo is 35¢ adults, 25¢ children. The marionettes perform at 1, 2, and 3 p.m.

Sunday, 18th Sporting buffs, here's a chance to check out the newest developments in equipment. The latest designs in yachts, sail boats, and house boats, will be highlighted amidst other sporting equipment at the San Francisco Sports and Boat Show. The School of Outdoor Cooking joins displays of recreation vehicles, airplanes, and camping equipment. Tickets are $2.00 at the door of the Cow Palace for the show today from 10 a.m. to 7 p.m. Today is the last day of the show.

Monday, 19th You've always wanted to be able to dance? There's no time like the present. The Performing Arts Workshop, 340 Presidio Ave., will teach you modern dance, exercise, creative movement for children, theatre workshop for teens, or even acting, for very little cost. Spring classes will be starting, so call 931-9228 for more information.

Tuesday, 20th If you're in a rut and want to do something different, visit the Tatoo Museum, 30 Seventh St. Your imagination will give you a hint of what to expect. The museum is open Tuesday, Thursday, and Saturday, 12 to 4 p.m. Admission is $1.00.

Wednesday, 21st Do the stars influence the affairs of men? If so, learn what you can from them by taking Earl Gavin's free astrological chart mapping class, Wednesdays from 7:30 to 9:30 p.m. at the Recreation Center. The class is open to all military personnel and dependents.

Thursday, 22nd Silverlode will perform this evening at the preview exhibition of the Dallas/Fort Worth - San Francisco/Oakland Exchange Exhibition at the San Francisco Museum of Art. Admission to the museum is free.

Personnel management responsibilities

This is the seventh article from the Civilian Personnel Office covering key points which supervisors (both civilian and military of civilian employees) and employees should know.

EFFECTIVE COMMUNICATIONS

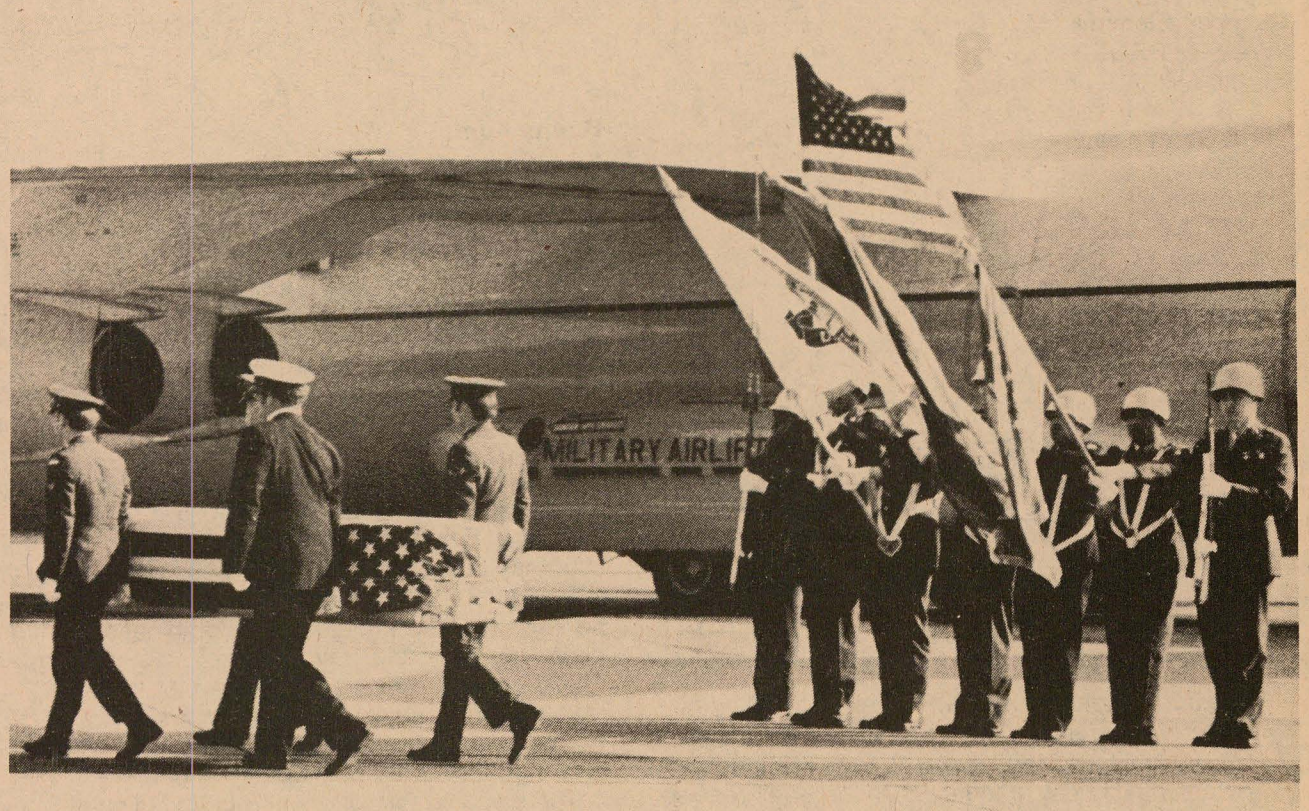
One of a manager's most important responsibilities is to assure that an effective two-way system of communication is established within the total organization and that blockages in the flow of communication do not develop.

Each manager and supervisor should periodically check to assure the following:

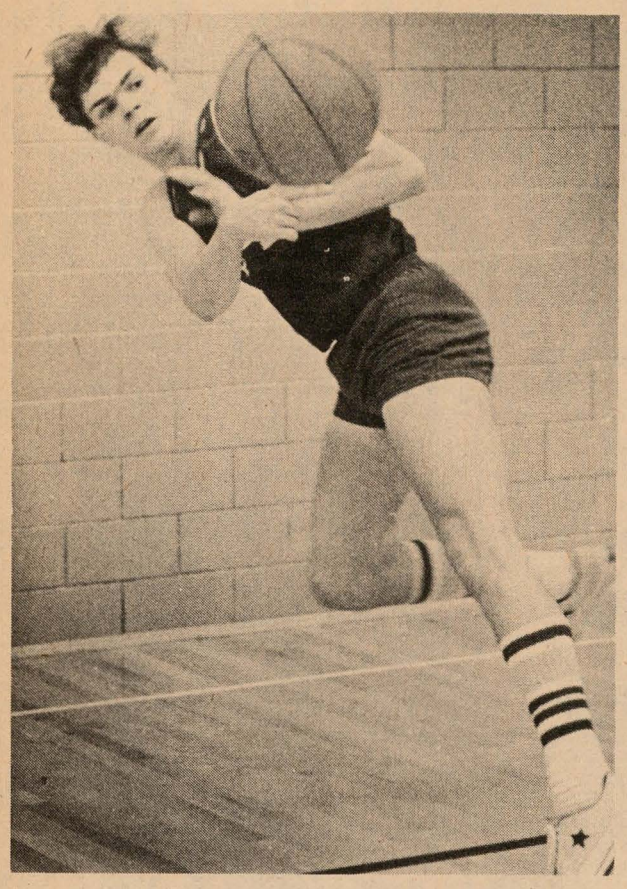
- That all important unclassified information received at staff meetings and through other media reaches the total workforce.
- That feedback of workforce reactions (both favorable and unfavorable) are passed back up the chain and given full consideration.
- That employees are among the first to know about any matters that concern them in their work *and* that they fully understand reasons for changes—not just what is changed, but why the change is made.
- That both supervisory and employee input is solicited and fully considered in policy development and revision.

The favorable impacts in terms of morale, productivity and related matters in an organization where a good two-way flow of communications exists has long demonstrated the extreme importance of this function.

photo by C.D. Steen



Flags of the Armed Forces dip in final salute to one of five U.S. servicemen killed during the Vietnam War. The five dead, three Navy and two Air Force men, who were shot down during combat raids in the Far East, were only recently released from China and North Vietnam to American officials. A giant Air Force C141 Starlifter brought the remains to Travis AFB Wednesday where the fallen servicemen were given full military honors. Members of Presidio's U.S. Army Garrison took part as honor guards and pall bearers at the ceremony.

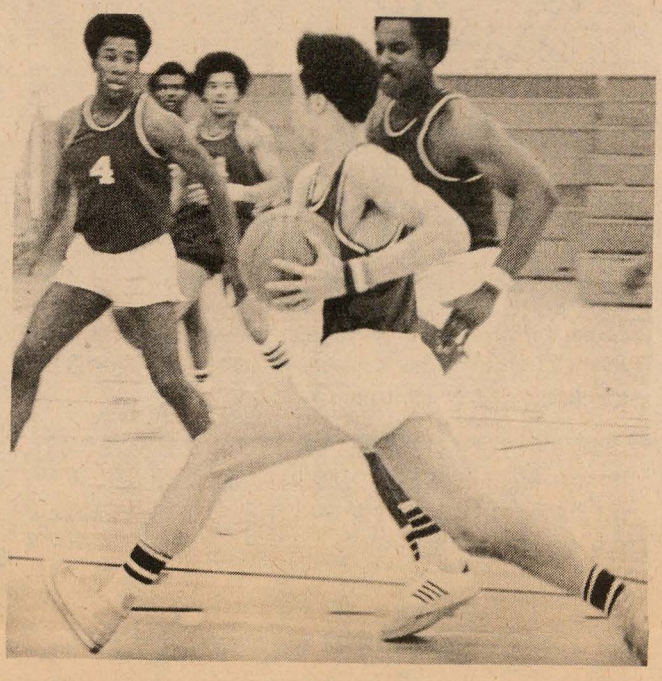




Cage chunks

Photos by C.D. Steen

Tuesday night cage action pitted the 170th MP Co. (1-8) against USAG (5-3) with USAG bouncing over 170th, 57-37. Paul Gagnon fired 29 points to spark USAG for the win. Pictorial action: A long stretch gets a USAG cager around 170th defenders (bottom right). A lunging effort by a 170th hoopster saves a pass destinged to fly out of bounds (top left). A little hand-clapping and a yell by a 170th bencher lets a pretty spectator know which team scored (top right). Other action that night saw AFPD whip District Corps of Engineers, 54-41.



Ramblin' Sam

Superbowl X will be played Sunday and every sports-minded fanatic from the Bay to Boston will be glued to a TV set to see if their favorite team is going to win. Of course, clandestine bets will be parlayed among certain individuals, even if the stakes are for no more than a can of beer or just an admission by the loser that the other team proved better. This week's Ramblin' Sam deals with personal prognostications on who will be Superbowl champions, 1976.

SFC R.E. Holmes: "Pittsburgh by 3 points. The game will be almost all defensive with a near - the - end - of - game field goal to clinch it for the Steelers."

Sp4 Dean Russum: "Dallas Cowboys are a young, energetic team and I think they'll overcome the Steelers by at least 7 points."

Sp5 Sarah Walker: "No one is going to mess with my Steelers and that means Dallas. It'll take a lot of tackling by a lot of Dallas folks to bring down Franco, but I hope no one gets to Bradshaw and hurts his knees again."

Pvt Vicki Price: "Superbowl? That's the big football game, right? I don't know who will win. I guess (flips a coin) Dallas will!"

2Lt Randy Mitchell: "No doubt about it! Dallas by at least 6."

Cpt Steven Richards: "The Cowboys. They wiped out the Rams and they'll do it to the Steelers. Dallas by 10!"

Sp4 J. Jackson: "Anyone want to bet Pittsburgh won't win? I need the money!"

Pvt Kathi Doman: "Who do I think is going to win? Well, I only know that Dallas is playing because I heard someone say they were, so I hope they do."

Sp4 Liz Ralson: "Everyone knows it's going to be Dallas, and not just because I'm from Dallas!"

Sp4 Patricia Corbett: "With a fine quarterback like Terry Bradshaw, Pittsburgh can't help but win."

PFC Joyce Warhank: "I don't really care because the RAMS lost!"

PFC Ann Lowery: "Pittsburgh I hope wins. Eh, where is Pittsburgh anyway?"

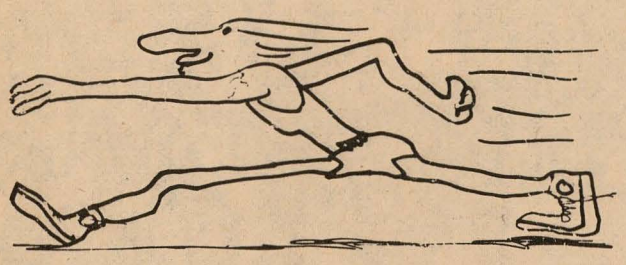
Sgt Marie Osborne: "I guess Pittsburgh. The three teams I had hoped would battle their way into the Superbowl lost. I gotta be right at least once!"

Sport Shorts

The Presidio basketball standings as of January 13 are:

Presidio League	Won	Lost
LAMC #1	8	0
LAIR	4	3
USAG	5	3
666th Radar Squadron	4	3
402nd MP	4	4
Support Element	2	4
Western RRC	2	5
170th MP	1	8

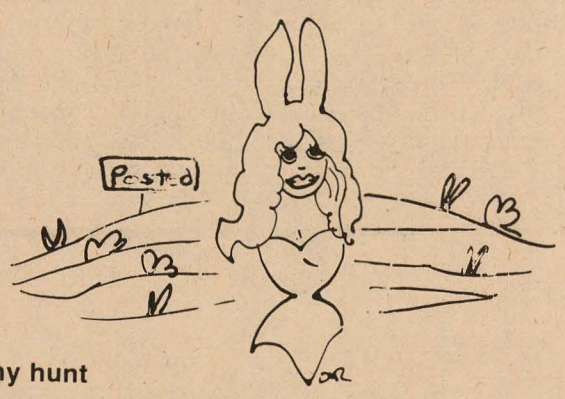
Fort Scott League	Won	Lost
AFPD	9	0
Hq 504th MP	6	1
LAMC #2	3	3
16 BPO	3	2
Dist. Corps of Engrs	1	6
864th Engineers	3	6
USACC	0	7



Presidio trackster hits S.F. meet

Presidio runner George Stewart will run against top track stars Marty Liquori, Frank Shorter and others, next Friday, January 23 in the San Francisco Examiner's Indoor Games at the Cow Palace.

This will be Stewart's first indoor meet of the new year. In last year's indoor games he placed fifth in the invitational 2-mile contest.



Bunny hunt

A two-day rabbit hunt will be permitted on the Grizzly Island Wildlife Area, 10 miles southeast of Fairfield, California, Saturday and Sunday, January 24 and 25.

No reservations or fees are required for the hunt, which will be conducted on a first-come, first-served basis. All hunters must be issued a permit at the checking station before hunting on the area. No more than 225 hunters will be permitted on the area at one time.

The checking station will open at 6 a.m., both days, and hunting will be allowed from 8 a.m. to sunset each day. For reasons of safety, the issuing of permits may be delayed if heavy fog is present during morning hours. Shotguns and bows and arrows may be used, but no shotgun-rifle combinations, rifles, pellet guns, pistols, revolvers, or shotguns larger than 12 guage may be possessed on the area.

Each hunter under 16 years of age must be acpanied by an adult 18 years of age or older. No adult may sign for more than two junior hunters.

The bag limit for cottontail rabbits is five per day, five in possession; there is no bag limit on jack rabbits.

All hunters must have a valid California 1975-76 hunting license.

Star Presidian

Volume 19, No. 3 | Presidio of San Francisco | Friday, January 23, 1976

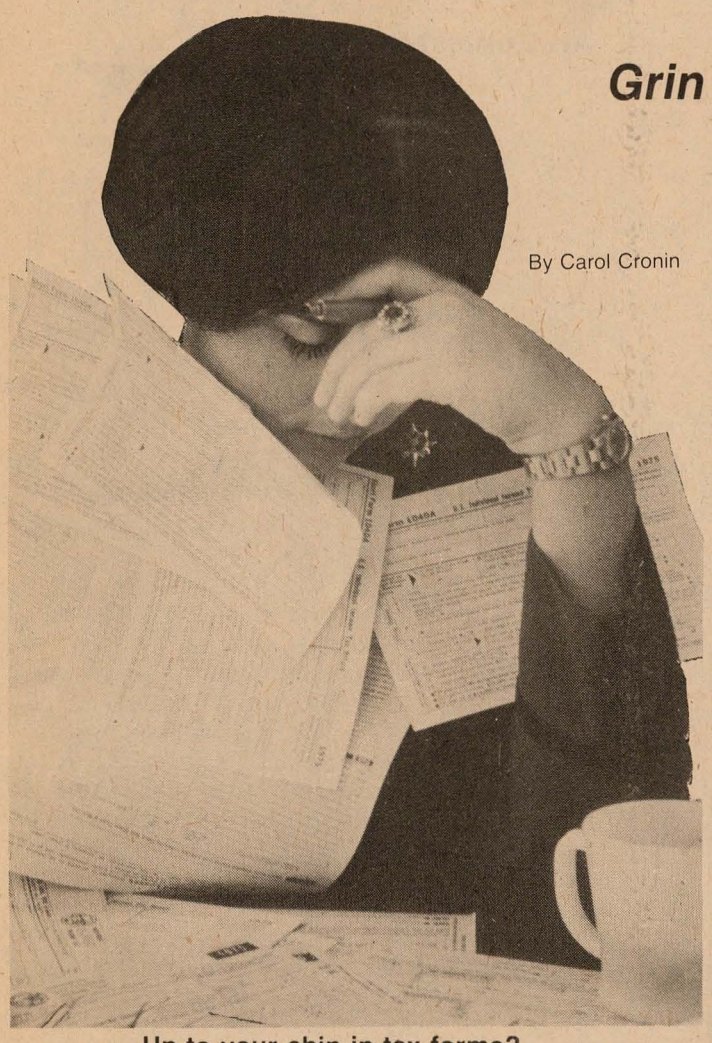
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Grin and bear it

Photos by C.D. Steen

Tax time takes toll

By Carol Cronin



Up to your chin in tax forms?

It's the time of year to find out whether you owe the government, or, in the realm of fantasy, Uncle Sam owes you. Whatever the case, by filing your income tax correctly and completely now, you can avoid the possibility of paying too much, or of having taxes and interest snowball. By taking all your unanswered questions to your unit tax representative you'll prevent some major problems.

Captain Robert Noreen, Legal Assistance Officer, wrote a letter to the paper outlining some of the considerations involved in filing state income taxes:

Dear editor:

With income tax time rapidly approaching, many of us might be perplexed with a recent letter from the California Franchise Tax Board indicating that California state taxes were due from 1974. This situation appears to be a continuing problem.

The Soldiers' and Sailors' Civil Relief Act exempts your Service pay and personal property from taxation by a State in which you are stationed, but which you do not claim as your permanent home (or domiciliary) state. (Note: This exemption applies only to military pay and not earnings from non-military employment, off duty non-appropriated fund employment or dependent's earnings within California). It also lets you defer payment of Federal, State, or local tax on income for a period extending up to six months after your discharge if your ability to pay the tax is materially impaired by reason of your military service. You should make written request to the taxing authorities for such a deferment but you would have to file tax returns by the due date.

Under the Act, the only State that has the right to tax your military pay and your personal property is the State of domicile. A person's domicile is generally defined legally as that place where a person has his true, fixed, and permanent home and principal establishment, and to which, whenever he is absent therefrom, he has the intention of returning.

A residence, on the other hand, generally is defined as a factual place of abode at a particular time.

It is legally impossible not to have a domicile. An old domicile is not lost until a new one is acquired.

Service personnel sometimes are tempted to change their domicile in order to gain apparent immediate advantages, such as a tax advantage. Before you attempt to do this, take a good look at the overall picture, which includes other equally important considerations. These can include liability for State inheritance, taxes, will probate, laws determining who can act as executor of your estate and guardian of your minor children, resident and other voting requirements, veterans claims or tax exemptions.

Although potential changes are in the wind, states do not withhold taxes from the military pay as the Federal government does. Therefore, the burden is on the service member to file yearly, with his or her state of domicile. Failure to do so generally prevents any Statute of Limitations (cut-off as to how many years a state can go back for delinquent taxes plus interest) from running.

by Captain Robert S. Noreen
Legal Assistance Officer

Some states do exempt military persons from state taxes, but 29 states and the District of Columbia require service members to pay state income tax even if the military member lives outside the state.

These states have recently exerted more effort to track down military members who have failed to file state income taxes. Most states, will allow courts in one state to enforce the liability for taxes imposed by another state.

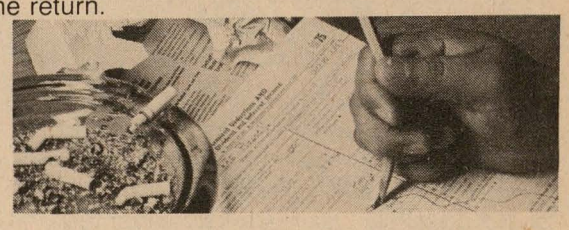
During in-processing everyone fills out a W-4 form, Employees Withholding Allowance Certificate, which indicates their legal residence for state income tax purposes. The form also indicates marital status and the number of tax exemptions which a person claims. Ms. Alice Young, Chief of Military Pay in Finance, stressed however that this form has nothing to do with establishing home of record. That is done by going through personnel.

A state tax remark will be printed annually on each servicemember's October leave and Earnings Statement (LES) indicating which taxing authority will receive the member's taxable income information. This year the statement was printed on the Dec. 75 LES. A member can change his legal residence by filling out another W-4 form. The I.R.S. form can be picked up from the member's unit or at the finance office.

Active duty military filing state income tax with the state of California may exempt $1000.00 from their taxable income. Members filing with other states may also qualify for military exemptions, so they should see a tax advisor if unfamiliar with the current tax laws in their state.

Although most tax return preparers are honest and competent, the Internal Revenue Service offers a checklist to help taxpayers avoid unethical preparers:

- Never sign a blank return.
- Don't hire a preparer who hints he has a special relationship with the IRS or has a special tiein with IRS computers.
- Don't sign a return prepared in pencil, since it could be changed later.
- Stay away from the preparer who presents misleading claims on the number of taxpayer-prepared returns that err in the Government's favor.
- Don't permit your tax refund to be mailed to the preparer. Have it sent to your own home.
- Avoid the preparer who "guarantees" refunds, wants a percentage of the refund, or claims to know "all the angles."
- Insist that preparers sign and put their social security number or employer identification number on the return.



Ramblin Sam

Do you find income tax filing difficult? What are your main problems?



Sp5 Ola Moody: "I don't have any difficulties filing because I'm single and filling out my returns is simple. I do it myself."



Sp4 Jerry E. Viera: "My problem is determing my deductions. Getting my W-2 form later than when I'd like slows my filing early."



PFC Deborah Dilsworth: "It's easy for me. I send it home and have my Dad file for me."



Linda McKelvy: "I really don't have any problems because I have someone do it for me. The only problem I have is wanting to get my return sent as soon as the new year begins, but I never get my W-2 form until late the first month."



Sp4 Barton Griffin: "I have a difficult time because I don't fully understand the different forms and filing methods, so I have someone like H&R Block do it for me to make sure there won't be any mistakes."



Sp4 Susan Olson: "I don't claim any dependents and use the short form. It's easy for me."

Inside:

Vietnamese

Shotguns

Pot

B-ball

Blood

and

Sneezes

Personnel management responsibilities

This is the eighth Civilian Personnel Office article on key points which both supervisors and employees should know.

CONSTRUCTIVE DISCIPLINE

The effective supervisor creates a management climate in which undesirable behavior problems are not likely to occur by keeping employees informed, recognizing merit, providing employees opportunities to learn and advance and taking other actions to motivate employees.

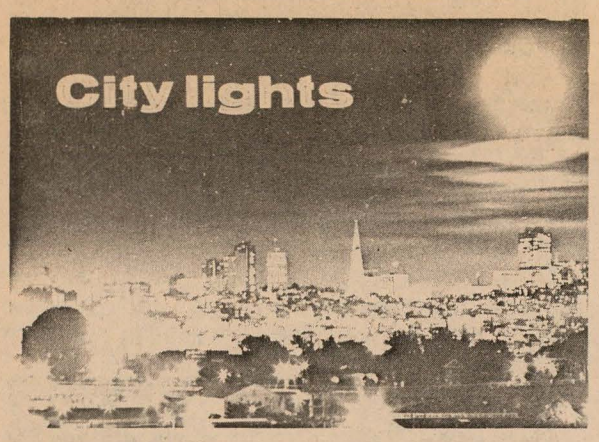
When problems develop, supervisors must accept their responsibility to take appropriate disciplinary action. Discipline must be constructive. The primary thrust is to salvage the employee. Discipline must be adequate to achieve desired results yet not be unduly severe for the infraction concerned. Any repeated infractions usually require more stringent action.

Discipline must be equal in requirements and enforcement. Employees should feel that if they don't deserve to be punished, they won't be; if they deserve to be punished, they will be; and if punished, the punishment will be equal to that received by other employees guilty of the same infraction under similar circumstances.

Discipline must be understood. It should be based on standards to which the employee can be reasonably expected to conform, and it should be administered quickly so the employee can see a relationship between the infraction and the discipline. Employees are aware of certain standards without needing to be told, such as rules against fighting, theft, or sleeping on duty. Other standards need explanation, such as safety rules, how and from whom to request leave, and meeting suspenses. Rules are of no value if not communicated to employees. Discipline is of no value if the employee cannot relate it to an understood infraction.

Discipline may be informal or formal. Informal actions which take place between the employee and the supervisor include guidance, counseling and when necessary admonitions. Formal actions require coordination with the Civilian Personnel Division and include written reprimands, suspensions, and removals. Employee Relations Specialists in the Civilian Personnel Division are available to explain the types of informal and formal disciplinary actions available and manner in which to take these actions or, where warranted, alternatives to the actions.

Always remember that a mild admonition from a recognized fair supervisor may have more impact on improving employee behavior than a three-day suspension without pay in a related situation.



by Carol Cronin

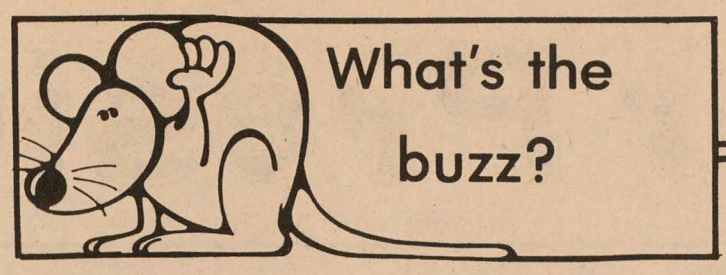
Friday, 23rd Hank Nole will demonstrate sharp shooting pool and trick shots tonight at 8 p.m. He has had a business in Berkeley near the University of California for several years. One of his star attractions was a sign which read, "Play Pool at Hank's and if you flunk out of school, at least you'll have a trade."

Saturday, 24th Don't give up on losing that weight until you've been to the fat fair. It just may give you the motivation to change your eating habits. The fair's goal is to give you a better understanding of weight, weight loss, and nutrition and to convince you that it is fun to feel good. Discover through hair analysis, and by testing your endurance with exercise equipment, how being overweight can influence your health. Then find out what you can do about it. The Fat Fair is in the Hall of Flowers, Golden Gate Park, from 10 a.m. to 9 p.m. for $3.00 admission.

Monday, 26th "What You Don't Know About Your Government Can Hurt You," according to Elizabeth Drew, Editor of the Atlantic Monthly's "Washington Report." She'll speak on that topic at the Scottish Rite Auditorium, 19th and Sloat, at 11 a.m.

Tuesday, 27th Been seeing too many boring movies lately? Check out "Journeys" at the Presidio Theatre at 7 p.m. It is billed as "a hilarious and outrageous spoof on motorcycling; reversed, speedy and invisible machines in satiric comedy situations that anyone will recognize." It includes a two-wheel view of America and a redline run through Europe at speeds that top 100 mph.

Wednesday, 28th A new kind of jazz. Katrina Krimsky has developed her own form of jazz based on her studies with European avant-garde composers, and collaboration with jazz great Woody Shaw. Hear the result tonight at 8 p.m. at the Exploratorium, Palace of Fine Arts. Admission is 25¢.



33rd anniversary

On January 25, 1976, Sixth United States Army will celebrate its 33rd Anniversary.

Activated at Ft. Sam Houston, Tex., in 1943, the mission of Sixth Army was to recapture the chain of islands seized by Japan during the early months of World War II in the Pacific Theater.

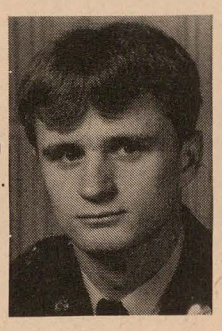
Today, Sixth Army, commanded by Lieutenant General Edward M. Flanagan, Jr., is headquartered at the Presidio of San Francisco with an area of responsibility covering 15 western states. In that area, Sixth Army commands the U.S. Army Reserve and supervises the training of the U.S. Army National Guard. The primary responsibility of Sixth Army is to insure a high state of readiness of its Army Reserve and National Guard units.

Turnover at the top

Colonel Donald K. Bradbury assumed command of the 525th Military Intelligence Group on January 13, replacing Colonel William F. Strobridge.

Soldier of the month

Presidio soldier of the month for January is Sp4 Gregory J. Schaeffer of the 170th MP Co.



Presidian is a life-saver

Several months ago Sp5 Levoid Green experienced both the responsibility and reward of saving another human life. While on duty as Charge of Quarters on October 12, he performed first aid on an unconscious soldier who was having a seizure, clearing the airway so that the man was conscious by the time medical help arrived. Sp5 Green received a commendation certificate last Thursday for his life-saving action.

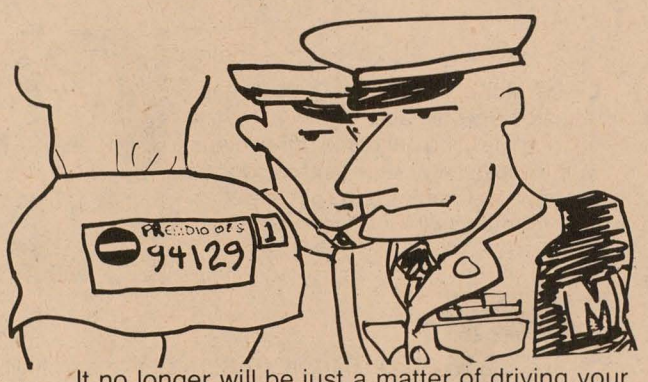
Facilities still active

The commissary, post exchange and gas station at Hamilton Air Force Base in Novato are still open even though the base has been de-activated.

Co-ed gymnastics class

The Central YMCA will begin a 5-week course in co-ed gymnastics on Wednesday, Jan. 28 from 7 - 9 p.m. at 220 Golden Gate Avenue. The course will cover four women's events and six men's events, including trampoline, under the guidance of collegiate gymnast, John Fong. Beginners through intermediates are welcome. For more information call Central YMCA at 885-0460.

Vehicle registration

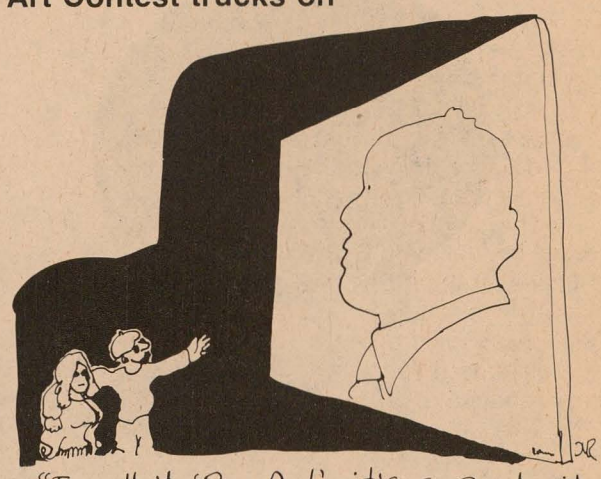


It no longer will be just a matter of driving your wheels to post vehicle registration and getting a new sticker. That car of yours had better be standing tall and ready for inspection, according to Sergeant Gary Moulton, NCO of Post Vehicle Registration.

A new regulation has gone into effect which states that cars will be fully inspected for operational defects and cars not meeting safety standards will not be issued a new sticker. Each year, on the anniversary of your last car registration, an inspection of your car will be made prior to issuing a new sticker.

Cars will be inspected in front of building 204, or same building as the Presidio paper and aluminum recycling plant.

Art Contest trucks on



"I call it 'Pop Art'; it's a portrait of my dad, dig?"

For the two people on the Presidio who haven't heard of the Great SP Art Contest and Memorial Jelly Roll Bash, the deadline is February 10. Any medium will be accepted, says A.S. Writter, contest chairperson, and any size. The only prerequisite is quality. "Don't send me nothing unless it's good," says Writter. The contest theme, to restate for those same two people, is a representation of the Presidio.

The art can be abstract, realistic, funny, serious or in between. Five people have called for information but no one has sent an entry. Says Writter, "The quality of the prizes will depend on the quality of the entries. If I don't get any pictures, I scream and stomp and spend the money on tattoos for my daughter."

Prayer breakfast

The Presidio Prayer Breakfast will be held at the Presidio Officers' Club at 7 a.m. on Thursday, January 29. The charge for the breakfast is $2.00 per person. Enlisted personnel, E5 and below, who sign up, will receive complimentary tickets at the door as long as the supply lasts.

Why I reenlisted. . .



"I like the Army," said Sp4 Harold J. Detter, a member of the 170th MP Company. "I enjoy the benefits as well as the job I do as a military policeman. Law enforcement is more than just apprehending criminals. It's helping people in non-law enforcement matters. That could be helping a motorist change a flat tire, or even repairing a bicycle for a child."

The selection of this photograph is not intended to overlook others who reenlisted, but serves as an example to the overall quality of personnel who reenlist at the Presidio and give special recognition to the act, says Captain Silas Herndon, Post reenlistment officer.

Women's program movie

"You Pack Your Own Chute," a movie dealing with overcoming fear to achieve success, will be shown Wednesday, January 28 at noon in Bldg. 603, AV auditorium.

February Promotion Forecast

The number of soldiers scheduled for promotion in February either dropped or remained the same in all grades except O-4 which increased by 30. In promotion figures released by DA, 3,400 soldiers will be promoted to E-5, 1,500 will advance to E-6, 200 to E-7, 50 to E-8, and 25 will pin on E-9 stripes.

Officer promotions will include 38 to O-6, 118 to O-5, 201 to O-4, and 303 will pin on Captain's bars. Thirty-five will advance to CWO-3 while 12 will move up to CWO-4. (ANF)

Parts of Crissy Field to be park land

by Linda Massey

Crissy Field is rapidly changing its character from an abandoned Army airfield to a public recreation area, and the Facility Engineers and D Company, 864th Engineers, are playing significant roles in this transition.

This week the unit began knocking down the fence near the waterfront and moving it back to the center line of the field. As the project continues, a bicycle path will be constructed on the north side of the new fence line and the area will be opened to the public under the Auspices of the Golden Gate National Recreation Area (GGNRA).

The creation of the new Crissy Field is a joint effort on the part of the Army, the National Park Service, and the City of San Francisco. Last month the Army officially turned over 44.7 acres of land in the Crissy Field area to GGNRA, which now bears the ultimate responsibility for the development and maintenance of its new recreation area.

This action was accomplished in accordance with the GGNRA Act which created the recreation area and called for the transfer and permitting of some Crissy lands to the Department of the Interior.

The City of San Francisco lent a hand through its donation of $12,000 to the Presidio to be used for construction of the bicycle path.

In approximately six weeks, Mason Street will also be re-routed along Crissy.



Presidio blood drive

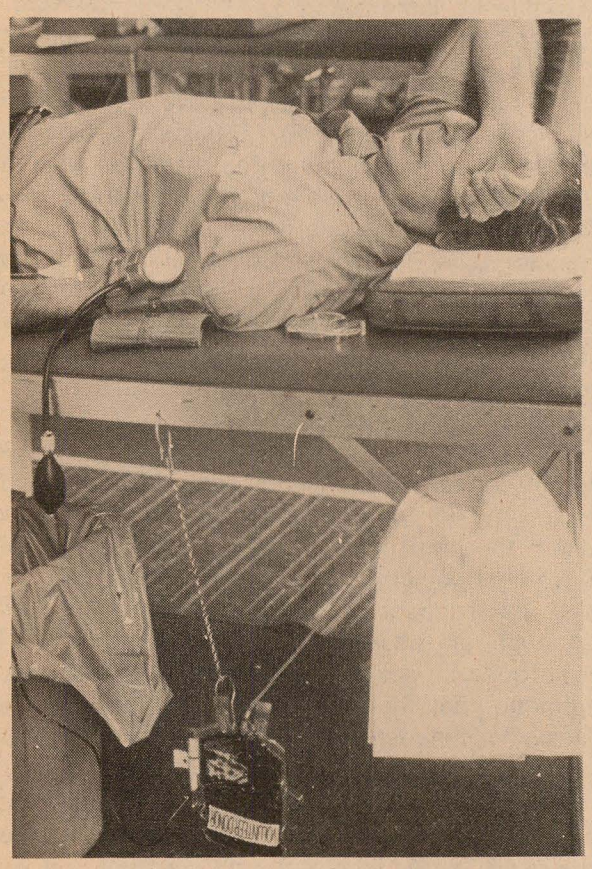
Shot in arm for needy

Photos and story by C.D. Steen

The young soldier was nervous. His unit representative for the Presidio Blood Drive was approaching his desk. He had that infernal sheet of paper where names of potential blood donors would be written. The soldier tried to act busy, his hands trembling more and more as the sergeant came closer. The soldier grabbed some papers, spilling most of them on the floor. The NCO stopped in front of his desk.

"Of course, you want to donate blood this afternoon, don't you?" said the NCO in a deep monotone voice, his hands positioned to take down the soldier's name. A thousand horrors flashed in the potential donor's mind. A vision of a giant nurse appeared. She had the face of Frankenstein's monster with Dracula's fangs gleaming in the corners of her mouth. In one of her hands was a hypodermic, with a needle the diameter of a railroad spike. The other hand held up a bucket. *Blood*, in big, red letters, was written across the front. He saw himself strapped to a hard, barren table. He couldn't resist the monster in a nurse's uniform as she approached him. He saw one of his arms pulled straight and strapped to a flat, unpadded board. A vein stood high on the arm. He watched as the nurse placed the hypodermic needle on the vein. She lifted a mallet and positioned it behind the needle. A demonic grin spread across her face.

"Uh. . .I can't this afternoon," said the soldier quickly, his thoughts returning to reality. "I have to get my hair to the vet, and I have to get my dog cut, and I. . ."



Donating a pint of blood takes only a few minutes of your time.

"Relax, man!" said the NCO, trying to calm the obviously nervous soldier. "Giving blood is nothing to be frightened of. People do it all the time, again and again, and it's no more scary or painful than getting a flu shot."

The soldier thought, "Well, maybe he's right. I really don't know what it's all about. I've never given blood before."

Fear of giving blood is very real to a lot of people.

To find out what it is really like to give blood, a couple of donors to Wednesday's blood drive for the Irwin Memorial Blood Bank were asked to relay their experience as they gave during a blood drive held at the Recreation Center.

"I've given blood 20 times and I never have had any ill effects from the experience," said Captain Robert William Molter of 6th U.S. Army Headquarters, who had just finished donating a pint. "I have never felt slowed down or tired after completing the process. I feel fine right now. But I make sure I drink a lot of liquids afterwards."

The captain was asked what his first experience was like. "I was apprehensive at first, not knowing the effects on my body during and after my initial donation. But everything went fine. The only slight pain I experienced was the prick of a needle on my finger when they checked for my blood's iron content. I always feel good about giving blood, knowing I'm helping someone else who needs it."

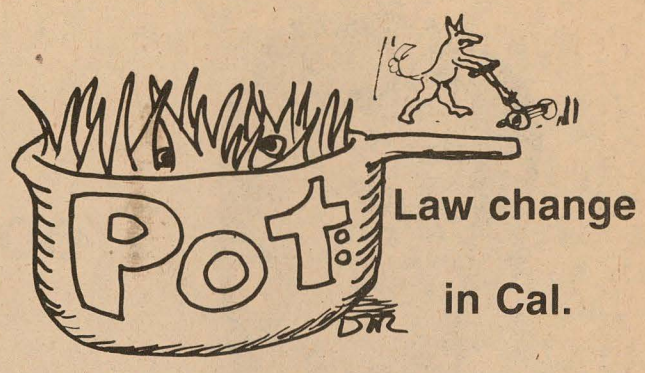
There were people at the Rec Center who had never given blood before. One such person was SP4 Diana Griffin, assigned to the 170th Military Police Company, whose arm was being prepared by a nurse for her donation.

"I've listened to other people around me who had just given blood and most seemed relaxed," said Mrs. Griffin. "I've watched other people during the process and just knowing they were in no pain or discomfort relaxed me. I'm ready and not nearly as apprehensive as I thought I would be."

How does it feel as blood is being drawn? Jack Rehbock of 6th Army explains it this way. "There is a little numbness in the hand of the arm from which the blood is drawn, but squeezing a roll of paper periodically keeps the numbness to a minimum. Squeezing also helps keep the blood flowing." Mr. Rehbock admitted there was no ill effect during the donation process.

It doesn't take very long to donate blood. From registration to completion takes 45 minutes to an hour, according to Mrs. Oline Hayes, a registered nurse at Wednesday's drive.

A lot of worry by many potential donors is the size of the needle used to take the blood. Mrs. Hayes explained that it is slightly larger, or thicker, than a hypodermic so the blood will flow quicker. But there isn't any more pain than any needle insertion in a vein. Except, perhaps, in the person's mind. Mrs. Hayes went on to say the blood (a pint) is drawn in five to ten minutes. She said when the donating is complete, and the needle removed, the person is asked to remain lying down for a few minutes. Then they may sit up. If they feel okay, they are asked to go to a canteen area for juice and snacks. When they leave they feel lighter in spirits and a pint lighter in weight.



Law change in Cal.

California marijuana laws may have changed, but the Army regulations against use or possession by a soldier are just as strict as before. According to present California law, possession of 1 oz. or less warrants a citation and a maximum fine of $100.00. For more than one ounce, the penalty is either a citation and $500.00 fine, or arrest and 6 months in jail.

However, a soldier can be given a general courtmarshal resulting in a dishonorable discharge, total forfeiture of pay, reduction to E-1, and not more than 5 years confinement.

MUSIC AND THEATRE

By Carol Cronin

Arithmetic doesn't necessarily apply to the theatre. Genius plus genius doesn't always equal more genius. In the "Good Doctor," the current Presidio Playhouse production, Neil Simon adapts some of Anton Chekhov's story ideas to play form. Unfortunately, despite Neil Simon's admiration for Chekhov, the two talents lose something in the merger.

Chekhov was successful in using the short story form to present his ideas, and he was a master at portraying delicate seriocomic emotions. The theatre, with its tendency toward slickness, tends to muffle this delicate humor. Although Neil Simon alters his usual style of humor in attempting to do justice to Chekhov, the result doesn't do justice to either Simon or Chekhov.



An uncontrollable sneeze sets off a series of mortifying events for Peter Arizu in one sketch from "The Good Doctor."

However, in spite of the difficulties inherent in this combination of styles, the play is amusing and does have several highlights. William Browder, who has directed earlier Playhouse productions, makes his first appearance onstage as a charming Anton Chekhov. His informal confidences while introducing the varied sketches are the freshest wit in the play.

In probably the best sketch of the play, Brooke Knight does a convincing job as an eager country girl finally getting her big audition. Her recital of the final scene from Chekhov's "The Three Sisters" is impressive even for those unfamiliar with the context.

Jack Cook, the director, is sometimes called the "Dean of Mime" because of his extensive experience with this form of theatre, including establishing the first college courses in the field at San Francisco State. He brings this knowledge of physical expression to bear upon the physical comedy in the play.

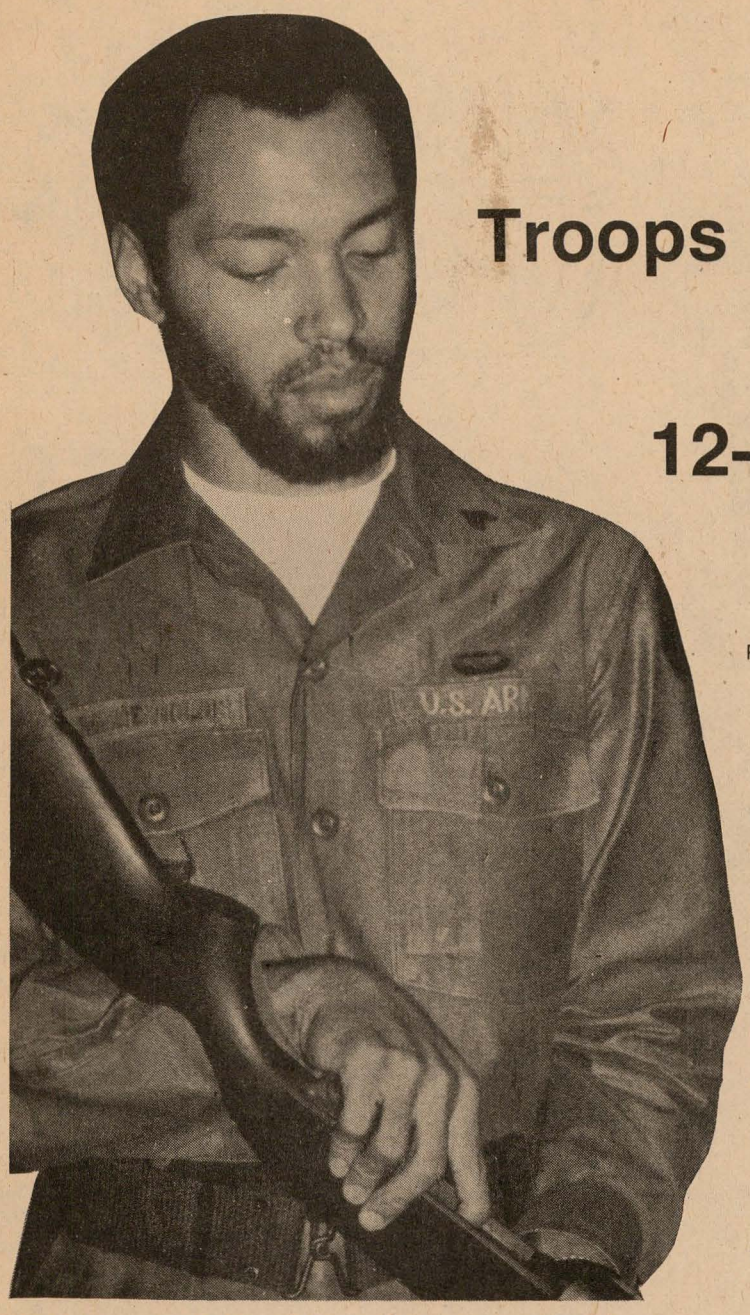
Although not the best example of a Neil Simon play, "The Good Doctor" is worthwhile, and the Presidio Players make the most of its potential.

The play continues tonight, this weekend, and the 29th, 30th and 31st of this month.

Star Presidian

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Sp4 David M. Ruff, editor
Sp4 Carol Cronin, reporter



Troops learn 12-gauge boogie

Photos and story by C.D. Steen

Sgt. Dennis McReynolds of Garrison demonstrates a portion of "inspection arms."

Riot-type shotguns will soon be the standard weapon carried by guards at the Central magazine, according to informed sources.

The M-16 rifle, long-time armament of the guards, will be replaced by the Winchester model 1200, 12 gauge shotgun. The reason for the switch is that the M-16, with an effective range of about a mile, has been considered too dangerous to surrounding populated areas. The shotgun, which will fire double "0" buckshot, is considered safer because the effective range will be only a few hundred yards. The spreading pattern of double "0" buckshot will increase the chance of hitting a target should the occasion arise.

Training for the shotgun has been conducted during the past week by range NCOs from the Ft. Barry rifle range, and other light weapons experts.

Handling, care, and shooting the shotguns were stressed by the instructors, as well as performing the manual-of-arms and in-ranks inspection with the weapon.

Chaffee: good or bad, not forgotten

by C. D. Steen

When the last aircraft lifted off from Ft. Smith Airport in Arkansas, a feeling of relief and gratification came over Lieutenant Patrick J. Hall of the Presidio's 170th Military Police Company. For him and many other 170th MPs, as well as many 402nd MPs from the Presidio, the many months of special duty at Ft. Chaffee, Ark. had come to an end. The last few Vietnamese and Cambodian refugees had left the small Army post and were on their way to new homes across the United States.

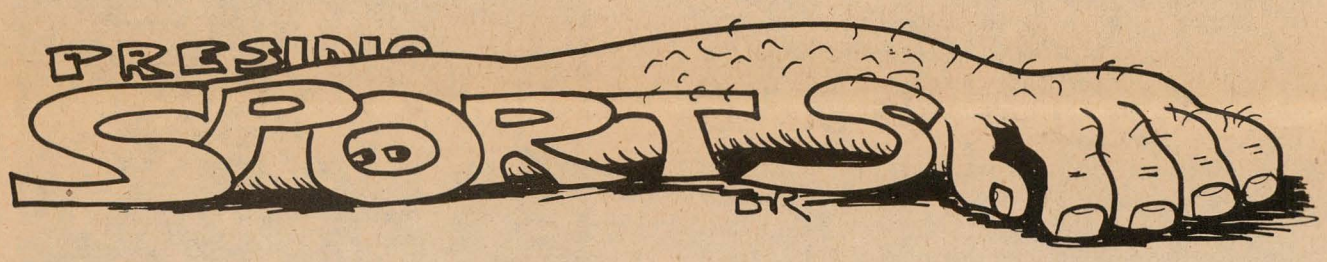
Lieutenant Hall recalls a few moments from December 20, 1975, the last day of duty for the MP officer at Chaffee.

"We were kept busy working with officials from the Naturalization and Immigration Service until the last refugees were processed out," said Hall, remembering back. "December 20 was our target date to get the reamining 69 Vietnamese and Cambodians finished with processing, and get them on Army buses for the trip to the airport. Once we completed the processing, and loaded the buses, we escorted them."

"The routine escort didn't go without a cermony commemorating the end of seven months at Chaffee," said Hall. An official send-off was created with many dignitaries attending, including Arkansas' Governor Pryor and Senator Bumpers. A huge banner was pulled across the gate as the last convoy of buses departed the fort. "GOOD LUCK" written in English and Vietnamese was the simple but emotional message placed on the banner.

There were many memorable times for Lt. Hall, but he recalls one of the most pleasant. "It was a snowball fight between a few of us MPs and some Vietnamese children," said Hall. "The kids had never seen snow before and when it fell on Chaffee, they danced in the streets. They learned quickly how to make snowballs and how to throw them. When we got into a snow-flinging contest they nearly ran us off the post!"

Hall spoke for most of the other MPs he worked with when he said the experience was one they will not soon forget.



Presy hoopmeister headlines as of January 19

LAMC #1 has a lion's lead this b-ball season, with 10 wins, no losses. Although Armed Forces Police Department leads LAMC #1 with 11 wins, AFPD will not be in the playoffs, much to their consternation and LAMC's relief.

One reason, in this reporter's opinion, that both LAMC teams do so well, other than natural talent and teamwork, is their huge selection of players—more than any other team. Many of their members also played college ball. Whatever the reason, they put out great teams, as does every unit, (he says).

Other standings as of January 19 were:

Presidio League	Won	Lost
1LAIR	**6**	**3**
USAG	**5**	**4**
LAIR	6	3
USAG	5	4
666 Radar	5	4
402d MP	4	5
WRRC	3	5
Support Element	2	6
170th MP	1	9

Ft. Scott League	Won	Lost
HHD 504th MP	7	1
LAMC #2	5	3
16th BPO	4	3
864th Engrs.	3	7
Dist. Corps Engrs.	2	8

Presy cinder pounders step out

Presidio runners Gerry Garcia and George Stewart have several big meets coming up in the next few weeks.

Stewart, as mentioned last week, will race tonight at the Cow Palace in a two-mile jog against top U.S. runners. Garcia, an all-out competitor in the 10,000 meter run, will find the going rough February 14 as he tries to pace himself for the 26-mile West Valley Marathon in Burlingame, California.

State military golf tournament

Already 67 entries have been received for the third annual California State Military Golf Championship, reports Colonel James Gormley, tournament coordinator.

Seven military installations are represented in the entries, he added.

The tournament, scheduled for the Rancho Del Rey Golf Course in this San Joaquin Valley town, will be held Feb. 28 and 29, with a practice round on Feb. 27.

Entrants include five from Letterman Army Medical Center.

Pete Culver, pro at Rancho Del Rey, reported that entry blanks are available from special service officers at all military installations in California. If not, they can be obtained by writing directly to him in care of Rancho Del Rey Golf Course, 5230 Green Sands Rd., Atwater, CA 95301.

Fischer finalizes all-Army B-Ball team

Basketball is big league stuff, even in the Army. Both coaches and teams are subject to rigorous competition and they react to it with scientific precision. Hal Fischer, coach of the Army basketball team, exemplifies this approach. Over the next several weeks, using strictly compiled statistics, he will select 12 players from about 24 candidates for positions on the Army teams.

Many of the players he has never seen, except on paper. Once they get to the Presidio, he subjects them to intense pressure in pre-season games against junior colleges and other teams to test their mettle. He does this by sending them on court with almost no coaching, just the encouragement to do their best. Often he will yell at a player with no explanation, then send him on court to see if he will fold under tension. This pre-season pressure weeds out many, according to Fischer, who just might not cut the incredible conflict of the Interservice Championships in March, the A.A.U. Championships in April and finally the 24-nation C.I.S.M. contest held in June in Dacar, Senegal.

Despite the competition, Fischer sees good things for the team. "On paper, at least, it's the strongest team in the last eight years," he says.

To witness one of the early scrimmage games, before the team hits the road, Presidians can see the Army team here, February 2, in the post gym, playing Alameda College.



Shooting for maximum sharpness

(From last column)

So 1/125 sounds just a little too much, does it? O.K., there is an easy way to prove it. Just look closely at those prints that you have made using a shutter speed slower than 1/125. Usually you will find that streaked highlights are the result. So what do you do then? Easy. Use a tripod. Right away you'll find that you can use smaller f-stops. (Smaller f-stops equals greater depth of field, remember?). And greater depth of field will result in an apparent increase in sharpness. It is really quite simple. Whenever the depth of field is great enough to render both the foreground and the background in focus, the photograph will appear sharper.

Lighting. We can't always reach out and adjust the ol' sun to give the kind of light we would like to have. And lighting does have a lot to do with how sharp the photograph will appear. Whenever we have light coming in from behind the subject, the picture will appear less sharp, because of lens flare, although with the new lenses available nowadays, it is not quite so bad. If we have light striking the subject from the front, then the subject will appear flat and lacking in contrast. The result is a picture that does not look as sharp as it could be.

While you are digesting this (I know I'll probably get a lot of irate letters on this), we'll also have to consider the quality of the light. Soft light does not give you sharp prints. But hard light does. We'll talk about contrast in the next column.

U. S. Government Printing Office, 1975 Jacket No. 690-081, Print Order No. 23

Star Presidian

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Presidio Main Post Library
SAN FRANCISCO, CA 94129

Turf topplers unite!

Metal monsters of Co.D

Story and photos by C.D. Steen

There are giants on the Presidio, enormous things who can move the earth, make mountains into molehills, or molehills into mountains. What are these titans? And who is brave enough to tame the giants? The 2nd squad, earthmoving platoon, of Presidio's D Company, 864th Engineer Battalion (Construction).

Whenever a big job comes up that requires re-landscaping terrain, the "earthmovers" are called to do the job. The most recent accomplishment by the 30-man platoon was at Camp Parks. Using monstrous tractor-like machines, known as 290Ms, dozers, and graders, the three squads teamed up to build a huge rifle range to be used by Army reservists and National Guard. The two-month job had the unit relocate some 20,000 cubic yards of dirt (about as much dirt as it would take to fill six football fields five feet deep), and shape the area into a flat range with 30-foot embankments. Presently, they are leveling another area at Camp Parks that may eventually be the base for new buildings. Later they will be called upon to build another rifle range, and possibly a helipad.

How big are these several-tonned machines of steel that move the land? The tires on the 290M, are nearly seven feet high, and in order for the operator to get into the cab he must climb a built-on ladder. Paradoxically, the massive 290M is relatively easy to maneuver, according to one of the earthmovers, PFC Dave Scheckel.

It has power steering and has semi-automatic transmission. But it is all power and no speed, burning up the road at a turtle-like 30 mph.

The 290M is also equipped with a dirt pan, which has the dirt-carrying capacity of a 5-ton dump truck. The dirt pan is used to move vast amounts of dirt from an area, or spread it where extra earth is needed to fill gaps. The machine is also equipped with a dozing front blade for pushing earth, and a claw-like device for digging. These machines pair up when extra strength is needed. One 290M, without a pan, can push another with a dirt-filled pan to quicken the loading and laying of earth while leveling it off at the same time.

When 290Ms can't handle a certain job, the engineers are equipped with other machines such as giant dozers, and graders. Dozers work on small areas that need earth-moving services and provide extra power in traction. Graders, operated mostly by the 3rd squad, do the overall land leveling for the grading and shaping finale.

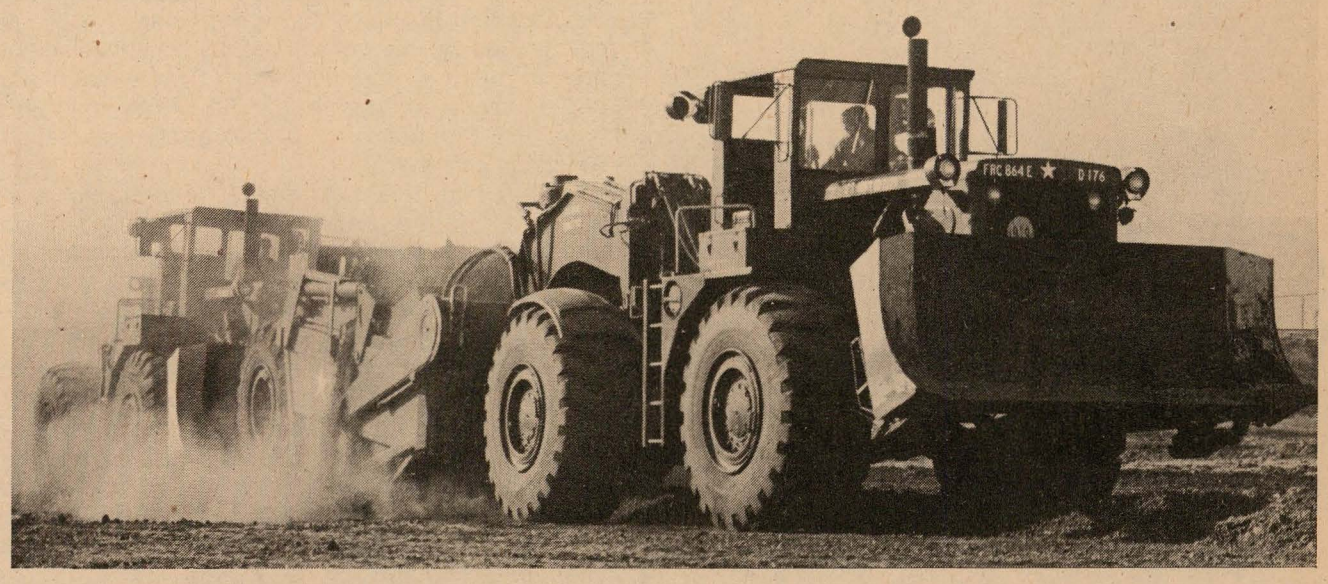
With top highway speeds on most of these machines of only 20 to 30 mph, these machines sometimes must be moved by a faster means. Here, another group of engineers come into play. The first squad is responsible for transporting these monster machines. The earthmovers are themselves moved by even more monstrous equipment, such as a 10-ton tractor with a 40-ton trailer.

Training to be a heavy-equipment operator for the Army takes place in a two-month course at Ft. Leonard Wood, Mo. Although some soldiers have come right into the job through the Stripes for Skills Program. These people were usually unionized heavy equipment operators in civilian life.

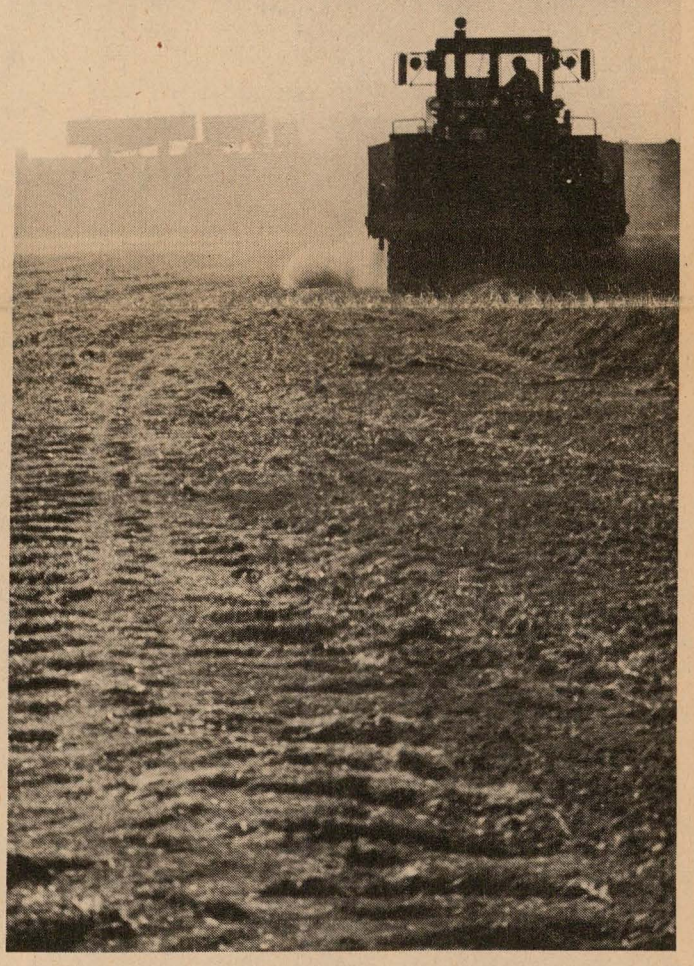
Heavy equipment operation seems to be the spice of life for many soldiers of the earthmoving platoon. As two "earthmovers" put it:

"I love working with heavy equipment," said Sp5 Kenneth Fleming. "I was raised around these machines and the desire to operate them has always been with me."

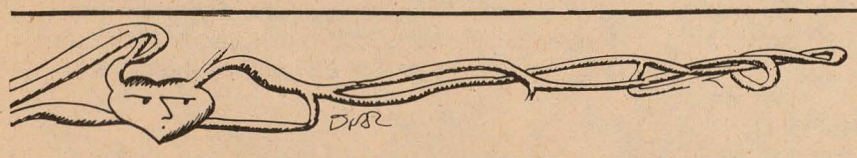
Sergeant Pat Gilbert, squad leader of the 2nd squad, said, "I wouldn't put another job in front of mine. I love this type of work. It's progress and I'm helping make it."







Two 290Ms, the front dragging a pan, **team up to get an earthmoving job done at Camp Parks (top).** ***One monster machine of the 2nd Squad*** **"earthmovers" rearranges the landscape. In background, a trailer rig moves along a nearby highway (bottom right).** ***PFC Dave Scheckel, a 2nd Squad "earthmover,"*** **takes a glance through the rear window of his 290M at another pushing from behind, during a landscaping operation at Camp Parks (bottom left).**



Your aching heart

Keeping pressure down

In this country over 22 million people have high blood pressure. Only half know, and only a small percentage are being treated. These people run a high risk of having heart attacks, strokes, kidney failure, and other diseases if their blood pressure is not treated properly.

What is blood pressure? It is the force of the blood against the artery walls. The force is caused by the heart as it pumps the blood to all parts of the body. Each time the heart pumps, blood pressure in the arteries increases; each time the heart relaxes, blood pressure goes down. Therefore, we have an "upper" (systolic) and a "lower" (diastolic) blood pressure.

The upper and lower blood pressure are read "120 over 80." Most people worry about the high figure. But the lower figure is the one you should worry about. It tells what strains are on the heart between beats, when the heart should be resting.

What causes high blood pressure? In most cases, scientists do not know, although work is being done to find out why. However, research has given doctors many ways of treating high blood pressure.

There is no way *you* can tell if you have high blood pressure. If you have any symptoms such as headaches, dizziness, and fatigue—consult your doctor. Even without obvious symptoms, you should get your blood pressure checked frequently.

Here are some general rules if you have high blood pressure. Ask your doctor which of these are important for you:

1. Try not to worry. Worry, nervous tension, and emotional strain all help to raise the blood pressure.

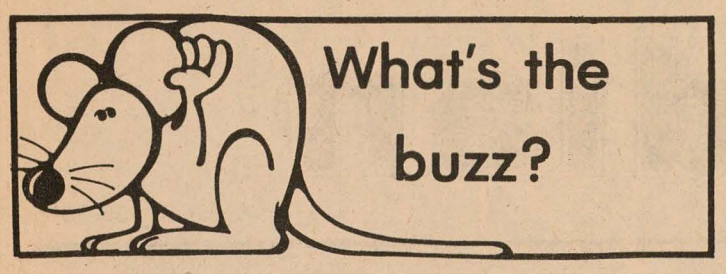
2. Do the things your doctor suggests, such as: keep your weight down, restrict the use of tobacco and alcohol, get plenty of sleep, avoid overexertion at any time.

3. If you are on drug therapy, be patient and do not stop treatment unless otherwise advised by your doctor. Give yourself a chance to adjust to the drug.

4. Choose sports that are not competitive.

5. Rest before you are tired. You will be able to do more if you rest often. Also, rest will help you to avoid the tenseness and irritability that go with fatigue.

If the condition is controlled early enough, harmful results are less likely to develop. High blood pressure is a killer being tamed—but only when it's caught.



Women's Club

The Presidio Women's Club luncheon will be held on Thursday, February 5 at the Officers' Club. Sherry hour will begin at 11 a.m. with lunch at 12 noon. Geanne Kostelic, well known in the Bay Area will present an entertaining musical program, "Daughters of the Regiment". For information call 561-277.



Editorial fumbles dept.

I've an admission to make, but first let me give you some inside newspaper background.

Last week, 30 short minutes after the paper was distributed, a very polite young woman came into the office. "I've got a complaint," she said, and simply pointed to the newspaper sitting on my desk.

"Where, what, who?" I queried back, surprised, for as my readers know, we seldom make mistakes at the SP.

She looked at me for a second, as if she were a can of Raid and I was a bug on someone's birthday cake. Then, with no change of expression, she picked up the newspaper and pointed to an illustration I had done for a little story on vehicle registration. "Innocuous enough," I thought, scoffing as gently as possible. She left without a word, trailing indignation.

After this little conciousness-raising session, I consulted the other staffers, who were huddled over their coffee cups trying to ignore me. Without exception they took the young woman's side over mine. This, despite my acknowledged editorial judgment. I won't get into the subject matter of the offending illustration, but when I think about it, I admit I would be wroth if someone had drawn the situation in reverse. Mea culpa, mea culpa.

About 10 minutes later, to top my day off, someone called to tell me that Jerry Vieira's name and quote were used with someone else's picture in the Ramblin' Sam feature (on the front page). (We try to confine our mistakes to the inside pages in hopes no one will read that far.) The person whose picture we did use was even wrother than Jerry, whose picture was left out. This other guy threatened to call his cousin in Buffalo to come sit on me. People take these things so seriously. So, mea culpa again. Two mistakes this week, a landmark day in history!

The editor

ROTC offers two-year scholarships

Starting in January, eligible Army enlisted personnel may apply for a Two-year Army ROTC Scholarship designed to provide men and women on active duty an opportunity to obtain both a college degree and commission as an Army officer.

The scholarship will pay for full tuition, required books, and educational fees. It will also provide a $100 per month subsistence allowance for up to 20 months. In addition, winners will receive approximately $500 for the Advanced Camp which is normally attended during the summer between the junior and senior years of college. Because of their prior enlisted service, those selected may also be eligible to receive GI Bill benefits from the Veterans Administration.

The competition for scholarships is limited to enlisted personnel who have served at least one year on active duty; will be under 25 years of age on June 30 of the year they are eligible for commission; and have earned at least two years but not more than two and a half years of college credit. Also, to be considered by the final selection committee, applicants must have been accepted by a college for next fall's enrollment; have a GT score of 115 or higher; and be an American citizen.

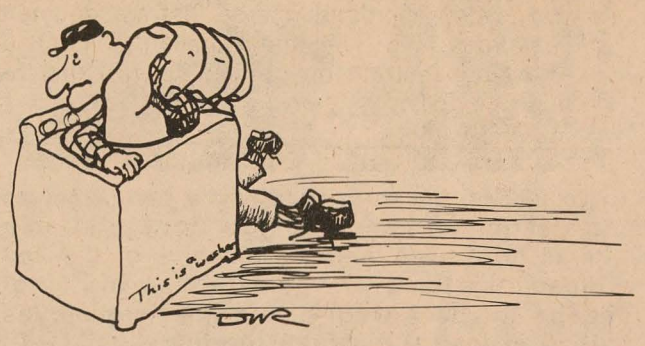
The final selection of the scholarship recipients is based upon each individual's past academic achievement, leadership potential, motivation toward an Army career, and recommendations of the applicant's commanding officer.

Those accepted will receive an early discharge so they can arrive on campus in time to enroll for the 1976-77 fall term. Upon successful completion of their military science and baccalaureate degree requirements, these former enlisted personnel will be commissioned as second lieutenants in either the Regular Army or the Army Reserve and will be obligated to serve four years on active duty.

The deadline for applications is April 15, 1976. Winners for the 1976-77 school year will be announced in June. For further information contact your local Information Office or Army ROTC Scholarship, Fourth ROTC Region, Fort Lewis, WA 98433.

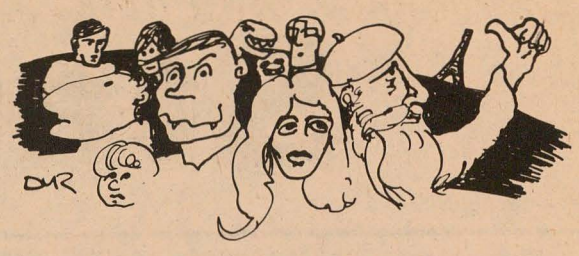
Briefhand class

Briefhand, an all-alphabet shorthand, will be taught at the Central YMCA, 220 Golden Gate Avenue, beginning Saturday, February 7 from 11 a.m. - 2 p.m., or Monday, February 9, from 6:30 to 9:30 p.m. At the end of the 10-week course, it is hoped that students will have reached 80-100 WPM.



Self-Help seeks customers

Up to your ears in broken appliances? You can save the Army money and yourself time by going to the Self-Help building. According to 1Lt. John Fitzpatrick of Facilities Engineers, answers to your questions on how to fix certain items, will be given Monday through Friday, 7 a.m. to 3 p.m. every third Saturday. Starting February 21, the center will run from 3 p.m. to 7 p.m.



Art Contest for everyone

By now, the fame of the Presidio Art Contest and memorial Jellyroll Bash has spread to the far corners of Ft. Scott. But still, says Anonymo S. Writter, contest organizer, some people have the wrong impression. "The contest is for everyone on the Presidio. People as young as myself or as old as C.D. Steen. It's not just for kids," says Anonymo apprehensively. He adds, "We've only got a couple of entries. They're both good, but it wouldn't be fair if two people won three categories."

Contest deadline is February 10. Any medium is acceptable. Bring entries to Bldg. 37, second floor, northwest wing.

Winners, if they wish, may have their work displayed for sale in the Creations Unlimited shop during February.



Water conservation

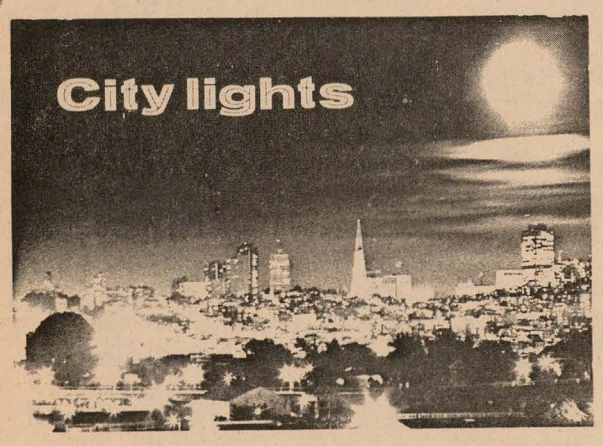
We are all aware of the lack of rain—and that lawns need watering. But, according to Rudy Choun, Post Agronomist, the grass is now dormant and will not start growing vigorously until March when it should be fertilized. If the lawns were not fertilized in September, the grass will be brown all winter, and the grass cannot use fertilizer applied now.

Lawns should be watered just to the point of run off. The water that runs into the gutter is wasted water, and we should continue to conserve water, as the possibility of water rationing exists, says Mr. Choun.

One timely suggestion from the Agronomist: do not forget to water all bulbs planted in the fall weekly—they need water to produce roots this winter so they will bloom next spring. Also, don't forget to water window boxes and shrubs that are under the roof eaves. The contractor is no longer responsible for watering the ground cover at Amatury Loop and Washington Blvd., and Mr. Choun says he would appreciate it if the residents bordering these areas would help water them.

Future Gift-Wrapping services

The gift-wrapping service held at the PX during the Christmas season was such a resounding success that ACS, the Enlisted Wives' Club, Letterman Women's Club, and the Presidio Women's Club may do it again for other holiday periods, according to Mrs. Mary Schuster, who was in charge of gift-wrapping during the Christmas period.



Friday, 30th San Francisco revives another of its popular hits with el Grande de Coca-Cola at the American Conservatory Theatre tonight through February 29. The 8:30 performance this evening is a low-priced preview of the exhuberant comedy, so tickets range from $4.00 to $6.00.

Saturday, 31st Find that one-of-a-kind item at an inexpensive price, at the flea market sponsored by the Presidio Recreation Center. The sale starts at 3 p.m. at the center.

Tonight is the last performance of Jon Hendrick's "Evolution of the Blues," at the On Broadway Theatre. The chronicle of 200 years of American music will be completing an almost two-year stay. Performances are at 7:30 and 10 p.m.

Sunday, 1st Selections from "Fiddler on the Roof" will be presented by the Kemp Company Performers, followed by a wine tasting party, at a Burt Center Benefit at 3:15 p.m. today. Admission to the benefit at the Jewish Community Center, 3200 California Street, is a $3.00 donation at the door.

Tuesday, 3rd Is modern dance your style? Then take advantage of the Presidio Recreation Center's free Modern Dance Class, taught by KWAMIE, at 7:30 tonight. The emphasis tonight will be on African dance because of Black History Month.

Wednesday, 4th Anxious for the Chinese New Year? Get a preview of the newly imported stars of the parade: two giant dragons, in the street level showroom at Sacramento and Front Streets, 2 Embarcadero Center. Eight-foot-tall figures of China's Eight Immortals and other parade paraphernalia will be on display.

Thursday, 5th Develop your natural talent for writing and appreciation of poetry at the Poetry Reading and Writing Workshop. The class is free every Thursday in February at the Presidio Recreation Center, 7:30 p.m. Clarie Mack, a local T.V. personality and poet, teaches the class.

Star Presidian

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Colonel Warren J. Lodge, commander
Major Michael J. Williams, public affairs officer
Sp4 David M. Ruff, editor
Sp4 Carol Cronin, reporter

An interview with the CO

The view from the top

By Carol Cronin

The Presidio has a long way to go to reach the goals set for it by its commander, Colonel Warren J. Lodge. In a recent interview to mark the start of 1976, Col. Lodge commented on his first five months as post commander, and his plans for the Presidio for the coming year.

"There has been progress in some areas, but not the substantial progress we need in a ready, disciplined military force," stated Col. Lodge. "Good progress has been attained in the physical appearance of the installation, but personal appearance and readiness are little better than when I arrived."



However, he is not discouraged by this. He feels that changing the post involves changing people's attitudes, and that is normally a long-term process.

One effort that he feels has borne fruit is his family and troop housing area inspection program. After five months, many housing areas are maintained better and more consistently.

"The Presidio of San Francisco is a true garden spot of the U.S. Army and is on display to the general public daily," says Col. Lodge. "We must continue to show the civilian population which pays for the maintenance of our facilities, that we recognize our stewardship responsibility to them."

A problem he'll be working on this year is the double standard between units assigned to post, and the tenant units. Some people feel they have an unfair amount of duties and formations compared to personnel in other units on post. However, until double standards in appearance and physical training can be eliminated, Col. Lodge feels that the assigned units are benefiting rather than suffering, because, he says, "Those personnel will be in better physical and mental shape than personnel in other units when and if the balloon goes up."

He added that he recognized some personnel would probably not see it this way.

Energy conservation, another concern, is nationwide in addition to being integral to the efficient functioning of the Presidio. "It's a long-term problem, but popular concern for it has dwindled," said Col. Lodge. He continued, "Energy conservation must be constantly considered, and people encouraged to cooperate, since it's hard to support without community participation. Even if the energy continues to be available, it consumes an ever-increasing share of our operational dollars, which are becoming more limited daily. We must save money in this area to insure we have dollars for other requirements such as maintenance."

Plans are being developed, says the Colonel, to use the parking problem to encourage gas conservation. "A study is now underway on a system providing car poolers preferred parking closer to where they work as an incentive," he said; adding, "The parking problem is not a bad one. People want to be able to park right next to the building in which they work instead of in the large central parking lots which have enough room. The parking situation is excellent compared to some of the large military complexes such as the Pentagon and division sized posts in the U.S.

"The fact that the Presidio is an open post creates some problems," says Col. Lodge. He blames much of the litter that creates an eyesore around post, and makes extra work for the soldiers, on visitors who come on post because it is open and accessible. However, inconsiderate military persons and dependents also leave litter around their homes and community support facilities. "This is a never-ending problem throughout the military," says Col. Lodge.

"But, the major challenge here, as on every post," Col. Lodge said, "is the lack of personnel and congressional funding. Congress is constantly cutting appropriations so that management of resources is a continuing challenge. Each of us must concentrate on getting the greatest return for the dollar."

Photos by Jim Stuhler



Turning to other subjects, Col. Lodge thought the organizers of the Freedom Train visit deserved a lot of credit for all the coordination and detail work they had to take care of. Mayor Joseph Alioto sent a letter thanking all those on the Presidio who helped before and during the visit.

Col. Lodge also mentioned that "The quality of people coming in the Army is improving. Because of the volunteer concept, Army-wide discipline has improved greatly in the last three years. Early discharges for those unable to adjust to Army life leave a more motivated and therefore better work force."

Col. Lodge summed up by saying that his major wish is to instill the importance of working as a community. He says, "There is too much fragmentation between civilian and military, different dependent groups and different military units and offices. We have to work together to make a better life for everyone concerned. Why not join the community team?"



The Music Center is. . .

Humming, strumming and drumming

Photo by C.D. Steen



By Carol Cronin

It's night. There's music in the air. It lures you into the Music Center, tucked away on the ground floor of the Recreation Center. Some of the people inside are just listening, but most have come because they've caught the bug to create their own music.

On the Monday evening I visited the center, the first thing that struck me were lighted sound modules lining the room. They were being used by a variety of musicians, from a guitarist with an appreciative listener lounging on the floor, to a shadowy, four-man band playing in the darkness of one of the larger modules. A series of true and sour notes issued from the center of the room where musicians tuned their instruments while waiting for a module.

In the rehearsal hall, a guitar class was breaking up just as a large group called the Presidio Singers were arriving. Captain Chuck Wyatt, a student guitarist, said he had been in the class since September and he likes the informality and lack of pressure. PFC Joni Easley and Sp4 Linda Brandes, with the arriving singers, loved singing with a group. Linda says she has been interested in Playhouse productions and joined the singers through that interest. Sp4 Cliff Smith enjoys the voice training and musical education emphasis of the group.

Elaine Elam, Music Center Director, doesn't skimp in this area. The beginning of practice might seem more like a dance class than a singing group. The group spreads out in the spacious rehearsal hall, and Elaine leads a series of stretching, limbering and rhythm exercises. Then the group starts voice toning exercises before starting in on the music.

After the class, an impromptu group of three guitarists and singers, accompanied by a pianist, performed a folk number for a small but impressed audience.

The center has been a haven for musicians for some time. Seven sound modules provide a spot to play as loudly, and with as little inhibition as a person wants. No one minds because the modules are soundproof.

However, this self-directed use of the facilities has been added to lately by a number of group programs. The Presidio Singers is a group of about 25 enthusiastic vocalists who tackle a variety of music, from rock to classical, each Monday night. Elaine says the group is education oriented because a majority of the singers don't have too much past musical experience.

Guitar lab classes are held Monday evenings for $1.00 per class. Leo Collignon, a bay-area guitarist who plays regularly in the Wine Cellar downtown, teaches the classes, which last 32 weeks, although an enthusiastic student can continue beyond that.

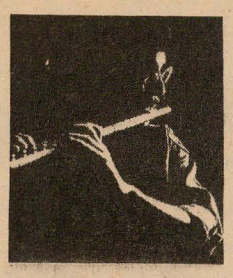
Mr. Collignon will kick off a free Friday night Artist of the Month Concert Series with a program of classical guitar music. His background includes other styles, including jazz, but he prefers classical.

Cont. on pg. 4



Cont. from pg. 3

Hummers, strummers. .



Elaine is a student of the Zotlan Kodaly school which believes that everyone can experience vocal music. Even without instruments, or musical training, a person can produce some sort of pleasant music. With a little training, that music can bring a lot more enjoyment.

To provide this basic training, the Music Center is now offering a musicianship class for teenagers and adults, including music theory, ear training, and sight reading, and a children's music activity class for 6 to 8-year-olds, to teach the children music through participation.

These directed activities provide guidelines for beginners. However, Elaine says some smaller, more performance-oriented groups may evolve out of the larger groups. There is already interest in forming a small vocal group, and a small stage band. The center provides a focal point for musicians to meet others who might be interested in a jam session, or just talking shop.

There are a variety of instruments and sheet music available for use within the center. In addition to the sound modules, there is a rehearsal hall for classes and group practice.

The most recent addition to the Music Center program is a tap dance class beginning February 7, which was formed after numerous requests. Depending on response to it, further dance classes may be formed.

The Music Center is open Monday, Tuesday and Friday from 6 to 10 p.m., and Saturday and Sunday from 1 to 5 p.m. For further information on facilities or programs, phone 5897/3992.

Personnel management responsibilities

This is the ninth and final article from the Civilian Personnel Office on key points which supervisors (both civilian and military of civilian employees) and employees should know.

ADMINISTERING LEAVE

Annual leave is provided and used for two principal purposes: to allow every employee an annual vacation period for rest and recreation; and to provide periods of time off for personal and emergency purposes.

Although annual leave is an employee's right, the supervisor reserves the right to determine when that leave may be used. This becomes a cooperative effort between supervisors and employees. Supervisors should establish an annual vacation schedule for all employees assigned to their organization in order to assure that equal and fair consideration is given to all requests, that there is adequate coverage during peak workload periods, and that each employee is afforded the opportunity to use accrued leave.

Civilian sick leave is provided for: medical, dental, or optical examination or treatment; and incapacitation due to sickness or injury.

Sick leave, unlike annual leave, is not a right. Rather it is a benefit to be used only when circumstances warrant its use.

Sick leave for examinations should be requested far enough in advance to allow for proper planning by both supervisor and employee. Prudent use of sick leave for sickness and injury benefits both supervisor and employee. An accumulated sick leave balance is "insurance" for employees in the event of prolonged absence due to serious sickness or disability, and "saved" sick leave is added to length of service of employees who retire on immediate annuity. (Each 22 days of accrued sick leave is equivalent to one month of additional service.)

It is important that supervisors and employees have a clear mutual understanding as to who has been delegated authority to approve leave as well as procedures to be followed in requesting various types of leave.

Women Cagers vie for all-Army team

Photo and story by C.D. Steen

Cathy (Cats) Williams, Rosie Ostrowski, and Jean Ross, members of the Presidio Women's Basketball team, will be playing ball like they have never played before, come February 28, when the team prances onto a Colorado Springs basketball court to battle other women's teams during the FORSCOM tourney there. And if you think they'll play their hearts out just to show off, you're right! These three are eyeing a spot on the roster of a newly organized Army Women's Basketball team.

Being selected by canvassing scouts for the new Women's Army team, means saying goodbye to the rest of the team members at the tourney's close.

The chosen few from all teams represented at the tourney will be whisked directly to Ft. Dix, New Jersey, where a one-month tryout exhibition will take place. The best 20 girls will form the new Army team.

Williams, Ostrowski, and Ross think they're good enough. So does their team coach, Sandy Colaw.

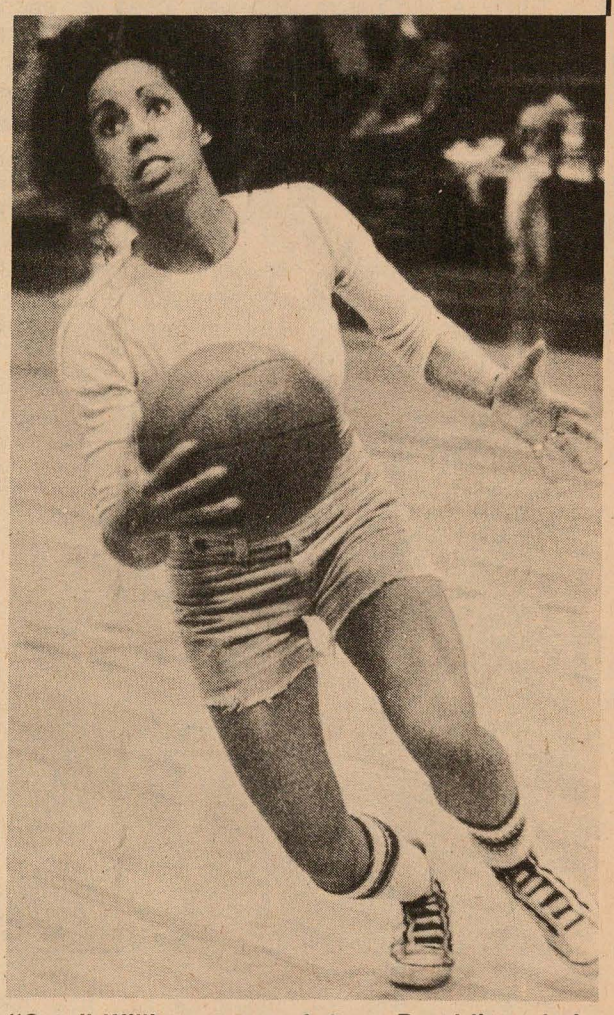
"The Scouts are going to be looking for aggressiveness and ability during the FORSCOM tourney," said Colaw. "My girls aren't that tall but they can play ball with the best."

Their records show each girl, during intramural sessions, averaging 20 points a game with equal rebounds. Colaw said that no favoritism will be shown toward the three. She plans to let all the team play equally and show their own prowess on the court.

Colaw, and other sports staff on the Presidio, think that Williams, Ostrowski, and Ross have the best chance of making the team, and Colaw has had them submit the mandatory applications. But she doesn't underestimate the playing ability of anyone on the team. She is requesting, in fact, that all girls ready an application in case the scouts choose any of the Presidio players.

Whether a player returns from Ft. Dix in jubilation, knowing she made the cut, or only with shattered dreams, she will return to her normal duty assignment. A new Army basketball team member will be giving up a lot of her free time after work, practicing in the gym for the new season next year.

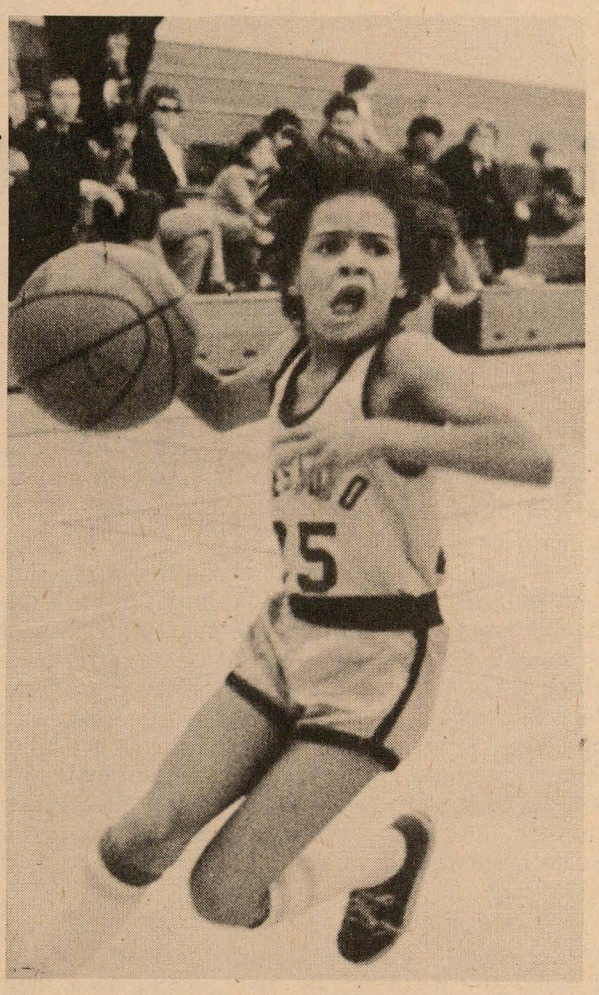
With the FORSCOM Tourney a month away, training is almost endless for the Presidio women basketball players.



***"Cats" Williams,* one of three Presidians being considered for the newly organized Women's Army Basketball Team, practices at Letterman gym.**

SPORTS

Photo by C.D. Steen



***Aggressiveness* on the basketball court doesn't have to be built on a seven foot frame. Howard Ratleff, the smallest member on the Bombers Presidio youth basketball team, showed he had what it takes to play ball during a Tuesday night game against the Celtics. He helped spark the Bombers to a 20-17 win.**

Basketball standings as of January 27:

Presidio League	Won	Lost
LAMC #1	11	0
LAIR	7	4
666th Radar Sq.	6	4
WRRC	5	5
USAG	5	6
402 MP Co.	4	6
Support Elem	2	6
170th MP Co.	1	10

Ft. Scott League	Won	Lost
AFPD	11	0
HQ 504th MP Bn	7	2
16th BPO	6	3
LAMC #2	5	3
864th Engrs	3	7
Dist. Corps Engrs.	3	8

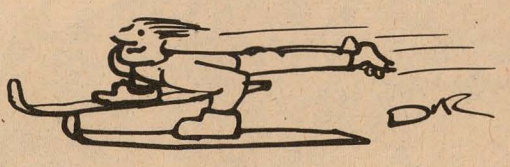
All-Army home games

Support your local All-Army basketball team! The next home games, played at Post Gym, are as follows:

February 2 at 2 p.m., Alameda College.

February 4 at 7:30 p.m., University of California (Medical).

February 8 at 1:30 p.m., LA Athletic Club.

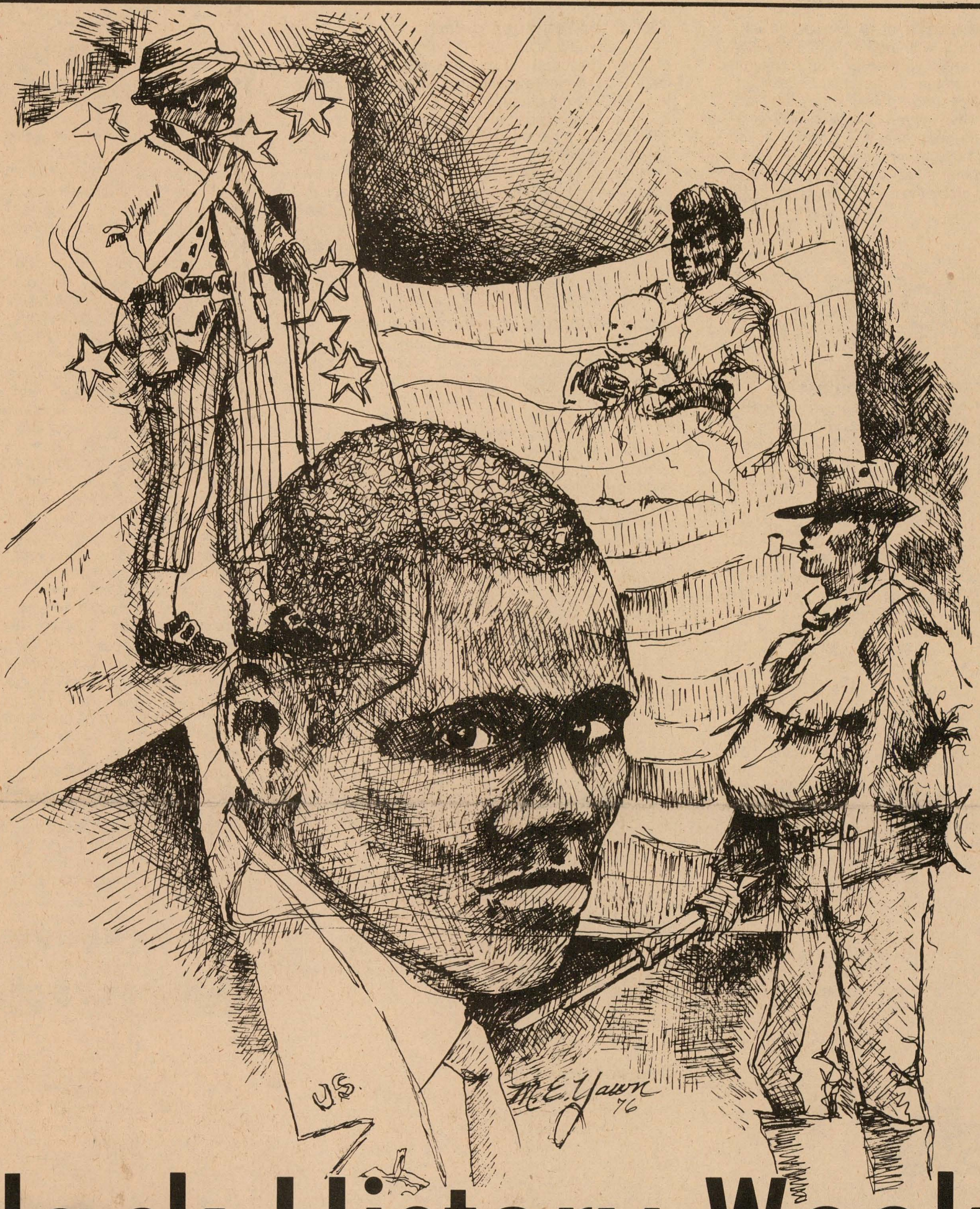


Lake Tahoe ski trip

Central YMCA is sponsoring a low-cost ski trip to Lake Tahoe the weekend of January 30—February 1 & 2. Lodging is in a convenient place for participants to do either downhill or cross-country skiing. Limited reservations for this trip. For further information call Central YMCA at 885-0460.

Star Presidian

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Black History Week

Black History Month is not only for and about Blacks!

It is not for the purpose of beefing up a cause or to discount the achievements of others. It is not a once a year affair where the Whites who know what's good for them stay away.

SSG Scott, NCOIC, Presidio Race Relations and Equal Opportunity Office, puts it this way. "Black History Month provides an opportunity for the whole community to acquire a better understanding of the contributions and achievements of Blacks in America, and through this understanding, to appreciate the role that Black men and women have made toward developing this country and the military in which we serve."

Black History Week was started in February, 1926, by Dr. Carter Codium Woodson, Director fo the Association for the Study of Negro Life and History. Convinced that his own people in American History and in the history of other cultures were either being ignored or misrepresented, Dr. Woodson realized the need for special research into the neglected past of the Negro. Since then, the week beginning the second Sunday in February, internationally selected because of the birth dates of Abraham Lincoln and Frederick Douglass (February 12 and 14 respectively) has been used to commemorate the event.

The theme for what would ordinarily be "Black History Week" this year is "America for All Americans" and will be celebrated during the whole month of February with different activities and events throughout the Presidio. Because of the Bicentennial celebration this year, the Department of the Army announced that the celebration and recognition of contributions made by the Black men and women for the past 200 years would be commemorated this year for a full month instead of the usual one week. As a result, the Presidio Race Relations and Equal Opportunity Office and LAMC Human Relations Office have been coordinating and planning numerous events that will provide a better understanding of the historical and cultural contributions of Blacks and other minorities and their impact of these contributions.

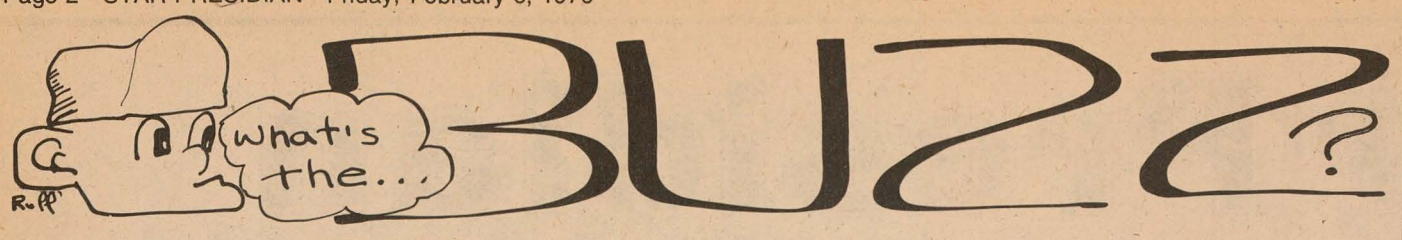
The planners at the Presidio have taken the concept of presenting historical and cultural aspects from past to present to help make the celebration relevant. Captain David Blum at LAMC Human Relations Office, says, "A significant aspect in understanding the times is to develop an awareness of what Black means for everyone in today's society.

In recent years, ethnic study programs, revisionist history, and a new awareness of the "whole" past have resulted in a considerable change in the types and qualities of historical materials available on all minorities. America was made by all Americans! However, our feelings about our past and the future, and how we relate, continue to cause alienation, distrust and a narrowing perspective. Many people wonder why one group of people insist on corn rowing their hair, wearing flashy clothes and dancing as if to make a public spectacle.

For those of you who seek answers to the above, drop in on Black History activities this month and find out what makes the "now" Black click.

SSG Jerry Harper, NCOIC of LAMC Human Relations Office, states, "the key direction at LAMC and the post will be to provide a social awareness, an understanding of the phenomenon of being Black."

Tentatively scheduled is a panel discussion on "What is Black" with Black, White and other minority panel members. A fashion show on Black clothing styles, a film series on the Black Improvements in Life, and a talk for "Whites Only" are all directed to achieve a better understanding. The history is there and we are becoming aware of it. But a more important question is "What is the impact of all this on our thoughts and behavior?" If you're interested, you can look for announcements and a schedule of events.



'76 voting assistance plan announced

Voting assistance is being emphasized by DA during the 1976 Bicentennial election year in an effort to encourage Army voters to cast their ballots.

Unit voting officers now have a round-the-clock contact to turn to when they run into problems carrying out their voting programs. A DA voting action line—autovon 223-0527, commercial 202 - 693 - 0527—will give voting officers a helping hand with their questions or problems on a 24-hour basis.



Little sweethearts photo contest

Enter your favorite little Sweetheart's photo in the Valentine's Sweetheart Contest. Age catagory: newborn to 3; and 4 to 6 years old. Picture sizes to be not smaller than 2½" by 3" and no larger than 4" x 5". Win a prize. Enter now, deadline is February 10, 10 p.m.

Fireworks

Several firecrackers have been exploded on the Presidio recently. Personnel are reminded that fireworks are prohibited on the Presidio of San Francisco and its subposts at all times.

More officer reductions may be in offing

The Army is studying ways of further reducing the size of its officer corps to a level required to accomplish peace and wartime missions. Current guidance from the office of the Secretary of Defense would reduce the fiscal year (FY) 77 98,345 officer force to 94,220 by the end of FY 80. Officer strength milestones include a reduction to 96,220 by end of FY 78 (Sept. 30, 1978) and 95,220 by end of FY 79.

The big white

Take a long last look at the snow on the Presidio trees. The fall is historic in a sense. It's the first measurable snow in San Francisco since February 5, 1887.



Bicycle thefts (lock it or lose it)

Most bicycle thefts can be avoided by using a little thought and care. A review of theft reports reveals the victim neglected to discourage the theft. There are many things that can be done to discourage someone from stealing your bicycle. The things that YOU can do are as follows:

1) Park your bicycle away from the street. A bicycle left unattended on the driveway, sidewalk, or front yard is an invitation to theft.

2) When you leave for a weekend or longer, secure your bicycle in the garage or inside of your home. There are many fine locks and chains that can be purchased. You should consider a security device as an insurance policy. Many times the cost of the device is proportionate to its effectiveness.

Locking two or more bicycles together is also effective.

Lock it! Bicycling is a lot of fun if you still have a bike.

W. Va. seeks Vietnam era veterans

West Virginia is paying a bonus to its Vietnam era veterans who send in applications. Veterans who were residents of West Virginia at the time they entered the service can send for other eligibility requirements, application forms, and instructions by writing the Vietnam Veterans Bonus Office, 604 Atlas Building, Charleston, WV 25301.

SMOS testing suspended

Secondary MOS testing for soldiers through grade E-8 has been suspended until skill qualification tests (SQT) become available, according to a recent MILPERCEN message.

The suspension, effective with the February 1976 MOS test period, results from studies that indicate an extra heavy workload would occur at testing facilities adjusting to a combination of primary and secondary MOS testing, the new EER/SEER and the new SQT testing. More importantly, it will equalize SMOS testing requirements for all soldiers until future SMOS policies under EPMS are formulated.

Army education program changes

The fully funded enlisted education program is being eliminated. Congressional action has deleted funds for this program from the fiscal year 1976 budget. Applications on file will be returned to the individual.

The fellowship, scholarship or grant program for enlisted personnel is still in operation. This program authorizes qualified individuals to compete for fellowships, scholarships, or grants offered by corporations, foundations, funds, or educational institutions organized primarily for scientific, literary or educational purposes. The purpose of the program is to provide outstanding soldiers an opportunity to study for periods up to two years in disciplines which will satisfy Army skill requirements. It is expected that these skills will be mainly in the scientific and engineering fields.



Art contest final warning

All entries for the Presidio Art Contest must be in the SP offices (Bldg. 37, second floor, northwest wing) by 4:30 p.m. on February 10. No late entries will be accepted. A.S. Writter, contest chairperson, says that although the quality of the entries received has been high, "There is still a chance for someone to win if he or she tries hard."

Dog obedience course

A dog obedience course designed to help dog owners master their dogs will be offered through the Central YMCA beginning Saturday, February 7 from 2-3 p.m. The 8-week course will be held at 41st Avenue and Quintara Street. For more information, call Central YMCA at 885-0460.

New EEO goals set

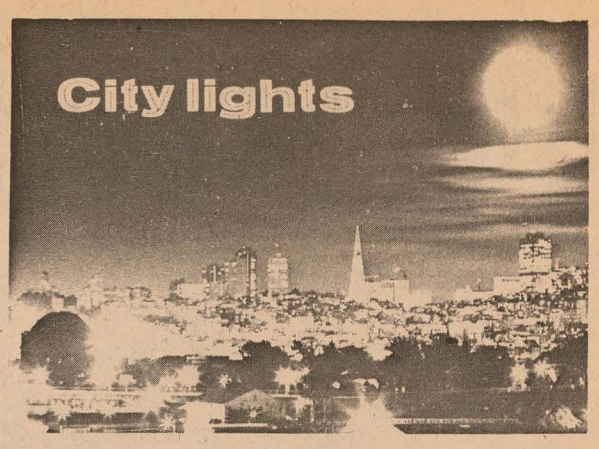
The Army has developed new recruitment/advancement goals for women in general schedule (GS) occupations. The new DA goal is to increase the number of women in GS 11 through GS 15 grades by about one-half of one per cent annually through 1981.



International Women's Decade

International Women's Year didn't end in December—it has been extended to become International Women's Decade, 1975-85.

The World Plan of Action, which was adopted by participating countries at the IWY Conference in Mexico City last summer, looks ahead to national action over the 10-year period. This sustained, long-term effort hopes to achieve the objectives of International Women's Year: Equality, Development and Peace.



Friday, 6th "Happy Birthday dear USO, happy birthday to you." Save your breath to help the San Francisco USO blow out its 35 candles at an old-fashioned birthday party tonight at 7:30. The party and a dance will follow the usual Friday night buffet dinner. Cost for the dinner is a $1.00 donation for adults, 50¢ for children under 12, and free for children under 5.

Saturday, 7th "Fai Lok Loong Nien. Gung Hay Fat Choy!" or "Happy Year of the Dragon. May you prosper!" The public celebration of the Chinese New Year begins today, culminating in the parade next Saturday. Union Square is the scene of outdoor festivities, including lion dancers, the dragon dance, Miss Chinatown USA principals, and classical dancers, beginning at 11:45 a.m. Chinatown will be livelier than usual, with firecrackers, drum, cymbals, and gong, heralding two teams of lion dancers, who will perform from 1 to 5 p.m.

Sunday, 8th The Asian Art Museum, Golden Gate Park, salutes the year of the dragon with an exhibit of ceramic, jade, bronze and ivory art objects. Admission is 75¢ adults, 25¢ children.

Monday 9th Are you worried about what would happen if you had a fire in your home? The Presidio Recreation Center has arranged for a demonstration on fire alarm systems tonight at 8 p.m. Military personnel and friends are welcome.

Tuesday, 10th The kids will especially enjoy the rides at the Chinese New Year Carnival, Portsmouth Square, Clay and Kearny Streets, 1 p.m. to midnight.

Wednesday, 11th The "World of Plants" opens today at the Cow Palace, and runs through the 16th. Booths constructed of natural materials are grouped around a tropical lagoon, and exhibit all types of plants and related items. A naturalist hosts daily symposiums, lectures, and demonstrations. The show is from noon to 10 p.m., doors closing at 8 p.m., and admission is $1.50.

Thursday, 12th Macy's joins the Chinese New Year festivities with cooking demonstrations by Chinese chefs, tea tasting and fortune cookies at noon at The Cellar, Macy's, Stockton and O'Farrell Streets.

Movies

Presidio

Friday, Feb. 6, Dirty Mary & Crazy Larry and Vanishing Point (PG) 7 p.m., Adults $1.00, Children 50¢.
Saturday, Feb. 7, Escape to Witch Mountain (G) 2 - 6 - 8 p.m., Adults 75¢, Children 35¢.
Sunday, Feb. 8, Rooster Cogburn (PG) 6 & 8 p.m., Adults $1.00, Children 50¢.
Monday, Feb. 9, Rooster Cogburn 7 p.m.
Tuesday, Feb. 10, Capone (R) 7 p.m., Adults 75¢, Children 35¢.
Wednesday, Feb. 11, State Line Motel (R) 7 p.m., Adults 75¢, Children 35¢.
Thursday, Feb. 12, Peepers (PG) 7 p.m., Adults $1.00, Children 50¢.

Schwartz/Letterman

Friday, Feb. 6, Capone (R) 7 p.m., Adults 75¢, Children 35¢.
Monday, Feb. 9, Dirty Mary & Crazy Larry and Vanishing Point (PG) 7 p.m., Adults $1.00, Children 50¢.
Tuesday, Feb. 10, Russian Roulette (PG) 7 p.m., Adults $1.00, Children 50¢.
Wednesday, Feb. 11, Rooster Cogburn (PG) 7 p.m., Adults $1.00, Children 50¢.
Thursday, Feb. 12, Airport 1975 (PG) 7 p.m., Adults $1.00, Children 50¢.

Star Presidian

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Colonel Warren J. Lodge, commander
Major Michael J. Williams, public affairs officer
Sp4 David M. Ruff, editor
Sp4 Carol Cronin, reporter

Black History:

Lost, overlooked or strayed

By John Langellier

Black History Month. An interesting concept, as if Black history were somehow separate from the rest of history. In actuality, Black American history isn't a separate stream, it's just been hidden. Blacks have been part of America from the start.

Everyone knows that a Black patriot was one of the first to die in the Boston Massacre, but how many know that two Black battalions fought at the Battle of New Orleans with Andrew Jackson?

Despite these historic precedents, the issue of enlisting Black Americans in the Union Army was hotly debated. By July 17, 1862 Congress had enacted laws which enabled Freedmen to join the Army. Over the next three years, 170,000 Blacks served in the Federal forces, but not without trials.

For one thing, they received less pay than their white counterparts. This sore point caused the 54th Massachusetts Volunteers to strike for equal wages. Further, Black troops usually drew menial duties or rear echelon assignments, since many leaders of the time questioned their ability in combat. When they did see action, they performed heroically, often sustaining high casualties. This fact might have proved disheartening to many Black fighting men, causing them to feel like little more than "cannon fodder."

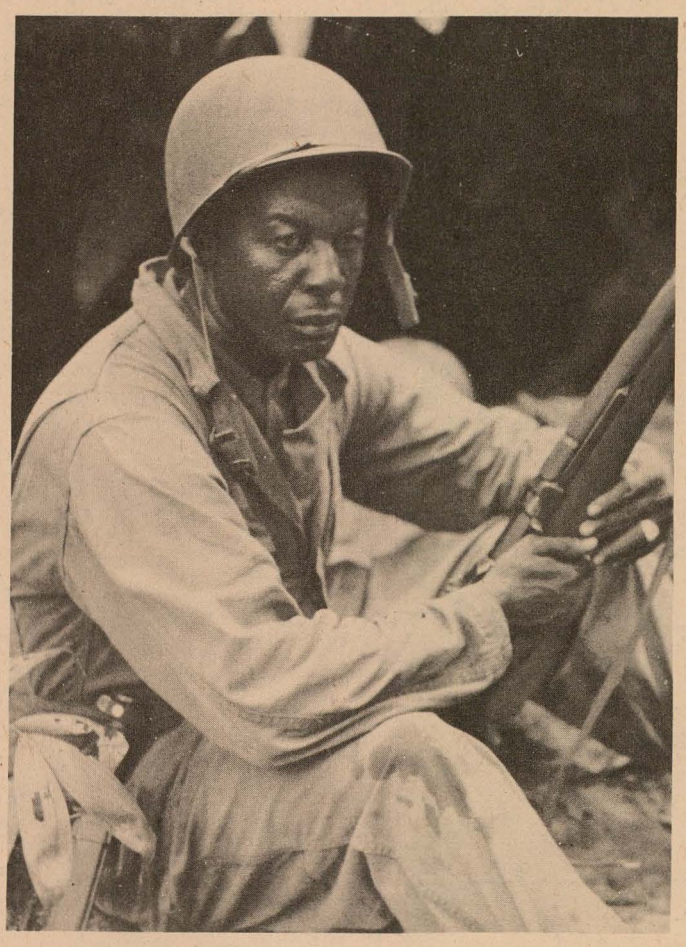
Things did improve gradually. By the end of the Civil War, many military leaders recognized the Black soldier's fighting abilities. Hundreds of Black veterans entered the six newly formed segregated regiments organized in 1866. Two of these units, the Ninth and Tenth Cavalries, achieved lasting fame as the "Buffalo Soldiers." Their dismounted counterparts also compiled notable records on the frontier. In 1869 these troops were combined into two Infantry regiments, the Twenty-fourth and Twenty-fifth Infantries, respectively.

When the United States waded into a war with Spain, after the sinking of the Battleship *Maine* in 1898, these seasoned troops soon found themselves in Cuba. On the morning of July 1, 1898, orders came to assault the village of El Caney, on the lower ridges of San Juan hill. Spanish blockhouses and trenchworks honeycombed the area. Murderous fire from entrenched defenders halted the First Volunteer Cavalry (Teddy Roosevelt and his "Rough Riders") in their tracks.

Just as the situation became critical, troops from the Ninth and Tenth Cavalries arrived on a dead run. Digging in at a nearby thicket of woods, they started to return enemy fire. Then they advanced. This prompted an eyewitness to comment, ". . .their aim was splendid. Their coolness was superb and their courage aroused the admiration of their comrades." First Volunteer Cavalry corporal summarized it another way: "If it hadn't been for the Black Cavalry, the Rough Riders would have been exterminated."



***9th Cavalry troopers* fall in the fight for San Juan Hill in the painting by Fletcher C. Ransom, "Forgotten Heroes."**



***A first sergeant* with the 93d Infantry Division, and a veteran of two world wars, rests alone with his thoughts during a break along the Numa Numa Trail on Bougainville during World War II.**

Later, the 25th Infantry arrived on the scene, ultimately helping to knock out enemy defenses. Next day they continued on to San Juan Hill itself. Frank Knox (later Secretary of the Navy under FDR) recalled this assault: "I became separated from my unit, but joined a troop of the 10th Cavalry, and for a time fought with them shoulder to shoulder. I must say that I never saw braver men anywhere."

This gallantry did not go unnoticed. Of the five Black soldiers who received the Medal of Honor during the Spanish American War, four of them were at San Juan Hill.

At the end of the war with Spain, the U.S. found far-flung responsibilities from the Caribbean to the Pacific. In 1900 the 24th Infantry Regiment passed through San Francisco on their way to the Philippines. With them was a dynamic officer, Allen Allensworth, their regimental chaplain.

Born a slave in Kentucky, Allensworth displayed an exceptional drive for learning. After finding that he had taught himself to read and write, two of his slavemasters sold him, separating him from his family at an early age.

Finally, he could stand no more. Three times he attempted to escape to Canada. He succeeded on the third try and shortly thereafter signed on as a civilian nurse in the 44th Illinois Infantry. When this tour came to an end, he joined the Navy as a seaman. By the end of the war he had become a petty officer.

Discharged in 1865, he returned to Louisville where he was reunited with his mother. For a while he held a number of jobs, searching for his niche. Then his spirit found a source of strength: religion.

This conversion led to his entry into the ministry. After studies at Roger Williams University in Nashville, he became an active clergyman. During the next decade he attained prominence within his church and in local politics.

Then, in the mid-1880s he applied for the vacant chaplaincy of the Twenty-fourth Infantry. In 1886 he became one of only six Black officers to hold Regular Army commissions in the Nineteenth Century.

Allensworth embarked on a one-man program to improve the lot of the Black soldier with education as the key. He stressed practical courses, and the teaching of "the three Rs." He even opened a cooking school in his own kitchen. Additionally, he encouraged the recruitment of graduates from Black trade schools and colleges to start an "each one, teach one" program.

His zeal carried him thousands of miles as the Regiment travelled throughout the West and the Philippines. When he retired in 1906 as the highest ranking Black officer to that date, he returned to California (he had served in the Bay Area at Angel Island from 1900-1902). In civilian life he became one of the founders of the Black community which now bears his name. Today, Allensworth, in the San Joachim Valley, is a California State Park.

Another officer of the times would have added to Allensworth's praises—the future General of the Armies, John J. Pershing. Pershing had spent time as a junior officer with the Tenth Cavalry, whence came the nickname, "Blackjack."

His respect for Black troops no doubt increased in 1915 when the General's quarters at the Presidio went up in flames. The tragic fire claimed Pershing's wife and three daughters. Only his son Warren escaped due to the heroic actions of his enlisted aide who had remained behind while Pershing was in command along the Mexican border. This brave Black soldier rushed into the burning home to save the boy. He attempted to return for the rest of the family, but the house went up like a matchstick, preventing reentry.

Two years later, Pershing again commanded Black troops, for among the units which composed the American Expeditionary Force was the 369th Infantry Regiment. During World War I, Private Henry Johnson, of the 369th became the first American to win the *Croix de Guerre,* France's highest decoration for valor.



***Black Cavalry and Infantry* compiled a distinguished career on the frontier in the post Civil War years. Fredric Remington captured some of the rigors of Western Service in this sketch of "Buffalo Soldiers" made in the late nineteenth century.**

Black Americans continued to serve with distinction in the post-war years, and throughout all the conflicts of this century. Yet their bravery in arms failed to gain them equality until 1946, when President Truman ordered full integration of the services. By the mid-1950s the military had completed their integration program. While this move reflected a positive effort to rectify past injustices, it was only the beginning in the long road to complete civil rights. To this end, Black History Month provides an appropriate time for the Army, and the nation, to reflect on the part **all** Americans have played in its history.

Presidio bowler rolls historic 714 series

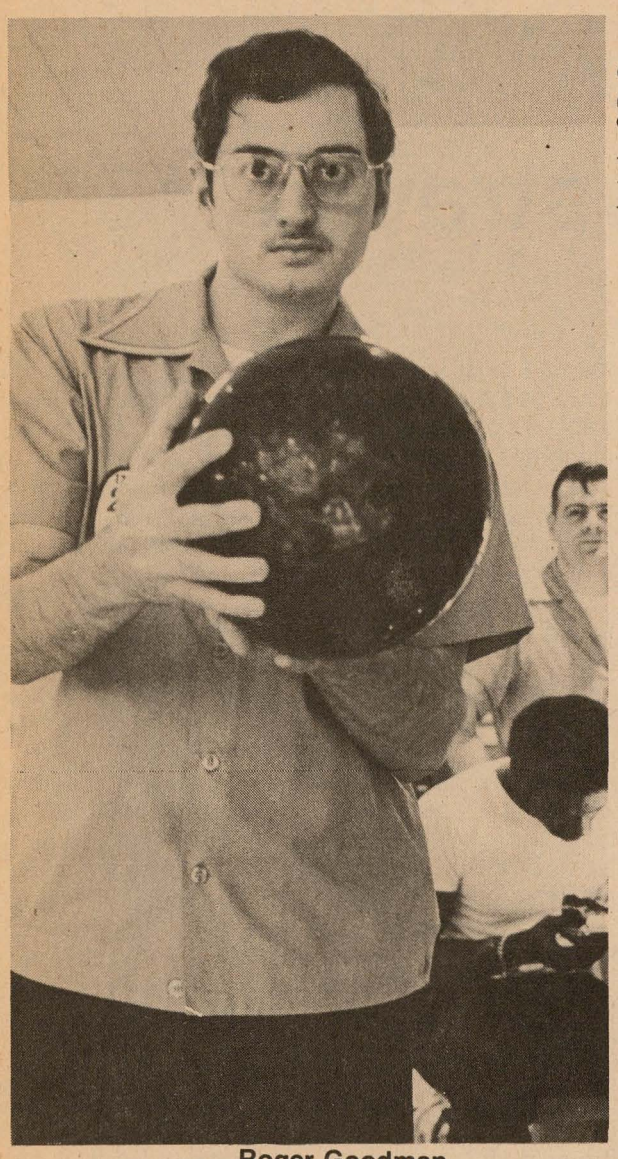


photo by C.D. Steen

Roger Goodman

Earl Anthony look out! Here comes Roger Goodman.

If Goodman doesn't ring a bell with you pro bowler *buffs* who religiously watch the tour on the tube, someday perhaps you will.

He proved to be future pro material when he fired a 714 series a couple of nights ago at the Presidio Lanes, a house high, and a night later followed with a 661.

"The ball rolled just right for me," said Goodman gleefully, after the historic series at the Presidio Lanes. "All the hours of practice and all the tournaments really came through. Now I want to shoot higher."

Goodman, who is a stenographer at 6th U.S. Army Headquarters, doesn't throw 700 series all the time. But the mixed league bowling game series wasn't his first. While taking part in an Heidelberg, Germany association tournament in 1973, he fired his highest series, a 720. Even though he does fire 600 series pretty often, his overall average is only in the 190s—a little low by pro standards.

But Goodman insists with enough practice he will achieve a constant 200 plus average which could get him on a pro bowlers tour. That will be a couple of years away, however. He still has an Army commitment. Two years to be exact.

SPORTS

Minors	Won	Lost
Bruins	13	1
Panthers	11	4
Bombers	8	7
Celtics	7	7
Bullets	3	12
Braves	2	13

Presidio scuba diving class to begin

There will be a SCUBA Diving Class orientation held upstairs in building 69 at 7 p.m. on February 12. There will be a swim test after the orientation so interested persons should bring a bathing suit and towel. For further information, call Presidio Outdoor Recreation Services, 4324. Military personnel, dependents, and DAC employees are eligible. The minimum age is 15.

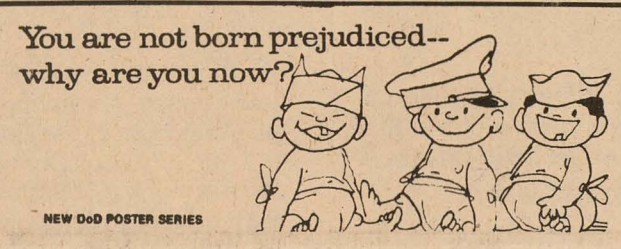
Basketball standings as of February 3:

Presidio League	Won	Lost
LAMC #1	14	0
LAIR	8	4
666th Rad Sq.	8	4
USAG	7	6
WRRC	5	6
402nd MP Co.	5	8
Support Elem.	2	9
170th MP	1	13

Ft. Scott	Won	Lost
AFPD	12	0
16th BPO	9	3
HHD 504th	8	3
LAMC #2	5	7
864th Engrs.	4	7
Dist. Corps Engrs.	3	9
USACC	0	12

Youth basketball standings as of February 2:

Majors	Won	Lost
Lakers	12	2
Sonics	12	2
Knicks	8	6
Tigers	6	8
Warriors	3	11
Thumbs	1	13



Black History Month

Schedule of events

Feb. 7

The African-American Historical & Cultural Society (AAHCS) is sponsoring a walking tour of the Black presence in San Francisco during the 19th Century. Elizabeth Parker will conduct the tour which will leave from the Society Headquarters, 860 McAllister St., at 1 p.m.

Feb. 8

Dr. Derrick Bell, author of Race, Racism and the American Law, will offer the keynote address, followed by Ms Ellen Foster, a singer who will speak on "History Comparison of Black Spirituals and Gospel Music in 1976," 3 p.m. at First Ave Church, 2159 Golden Gate Ave.

The Bethel African Methodist Episcopal Church of San Francisco will present a youth group choir and a talk on Martin Luther King at the San Francisco USO at 4 p.m. A free buffet will be served afterward.

Rhythm Machine a contemporary Afro-American group will sing and dance at the Presidio Recreation Center at 8 p.m.

Feb. 9

A potluck luncheon at the Recreation Center, 11:30 a.m., will kick off Black History Week and the theme of "Further up the Road a Peace." Several speakers will address themselves to this theme.

Feb. 10 & 17

KWAMIE'S dance sessions, with emphasis on modern African dance, continue through next Tuesday. The classes are at 7:30 p.m. at the Recreation Center.

Feb. 11

The Recreation Center will sponsor a talent show and pot luck soul feast tonight at 5 p.m. Offer a little of your own, and try someone else's home cooking.

Feb. 12

Two films "Black History; Lost, Stolen, or Strayed," and "Ancient Africa," will be presented by the AAHCS, 860 McAllister St. today and tomorrow at 8 p.m.

Feb. 13

The Recreation Center hosts a Black fashion show from 2 p.m. to 5 p.m., and Bright Moments, a soul combo, at 9 p.m.

Feb. 15

Dedication of Mary Ellen Pleasant Park, 2 p.m., at Octavia St., between Bush and Sutter. Mary Ellen Pleasant was a Black pioneer woman.

Black Dimensions, a modern African dance ensemble, will perform at the Recreation Center at 8 p.m.

Feb. 16 & 25

Fashion Fair cosmetic products for both Black and White women will be demonstrated by a beauty consultant today and next Monday at 8 p.m.

Feb. 22 & 29

A festival of Black films will be held at the Recreation Center at 7 p.m. tonight and next Sunday.

Feb. 24

Black women organized for action will rap with anyone who's interested at the Recreation Center, 8 p.m.

Feb. 26

The Clarie Mack Players present Black poetry at 7:30 p.m. at the Recreation Center.

Feb. 28

Southern Comfort will perform soul music at the Recreation Center at 9 p.m.

All-Army team basketball

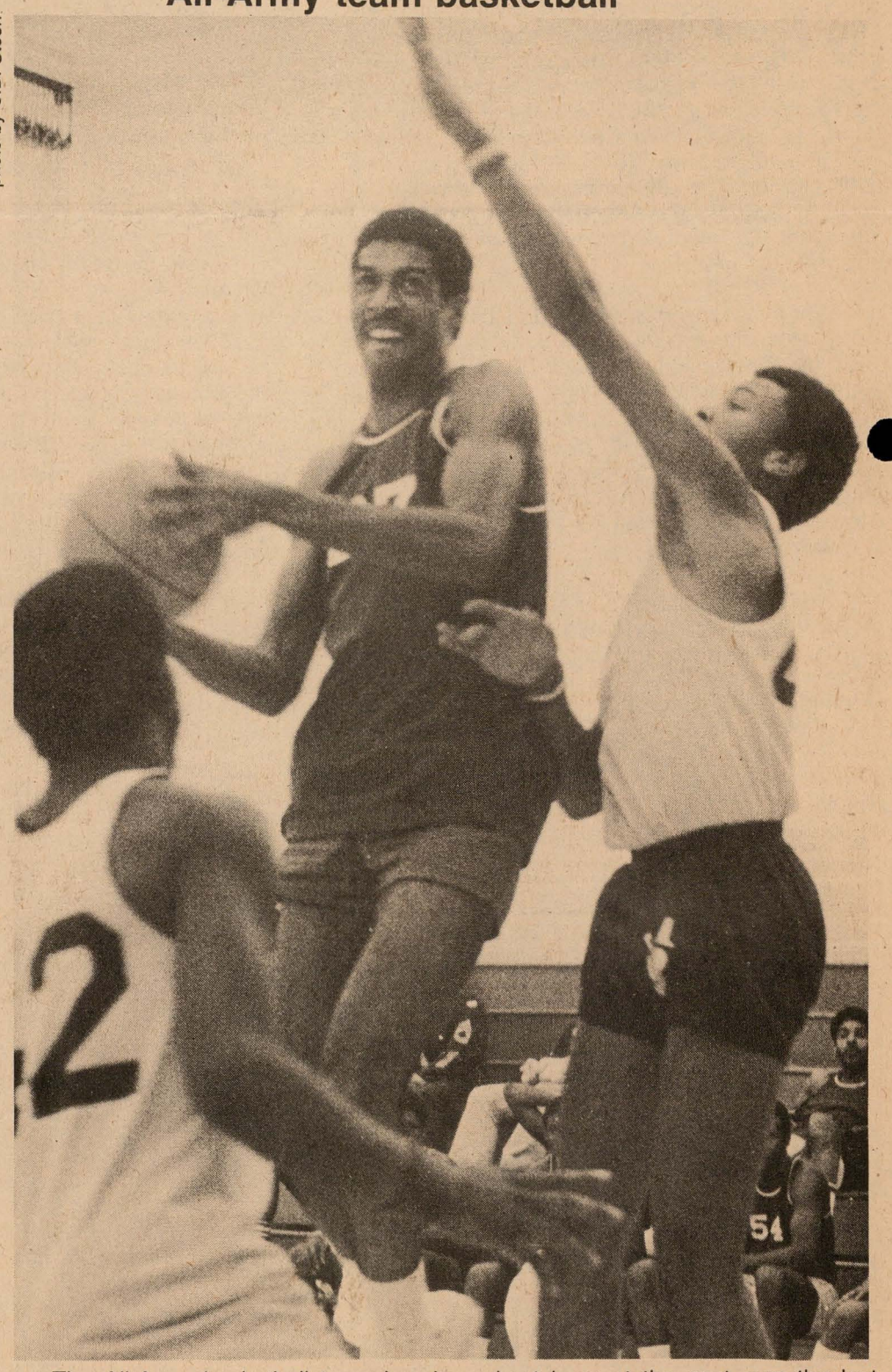


photo by C.D. Steen

The All-Army basketball team has been kept busy at the post gym the last few days, practicing and playing local teams. Tuesday afternoon they took on Alameda College in a scrimmage game. No score or record was kept, but the two teams played each other as though a championship were at stake. Through this photographer's eyes they both looked good!

Pictorial action: **Going high for a layup is Robert Taylor, with Alameda defensemen trying to block the shot.**

Army played Wednesday night against the University of California (Medical), with Army raking California, 110-27.

U. S. Government Printing Office, 1975 Jacket No. 690-081, Print Order No 24

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Star Presidian

Volume 19, No. 6 | Presidio of San Francisco | Friday, February 13, 1976

Now is the time for all good people to. . .

Get in shape

see pages 3 - 5



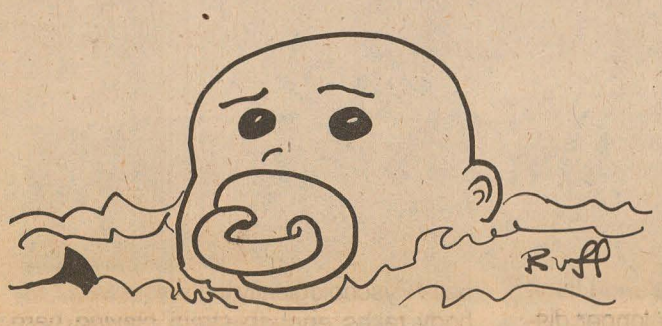
March promotion forecast released

The March promotion forecast for soldiers in grades E-5 through O-6 has been released by DA personnel officials. The March promotion pace, which is about on par with this month's, includes 4,825 enlisted promotions: 3,000 to E-5; 1,700 to E-6; 50 to E-7; 50 to E-8 and 25 to E-9.

Officer promotions total 662: 37 to CWO-3; 29 to CWO-4; 138 to O-3; 242 to O-4; 148 to O-5 and 68 to O-6.

The status of current promotion lists after March promotions will be:

Grade	Through Sequence Number	Number on List
E-5 & 6	Promotions made from local lists per DA published monthly promotion cutoff scores for each MOS.	
E-7	9,804	12,999
E-8	4,078	4,958
E-9	162	809
CWO-3	744	785
CWO-4	284	351
O-3	464	5,603
O-4	1,278	2,548
O-5	983	1,883
O-6	66	493

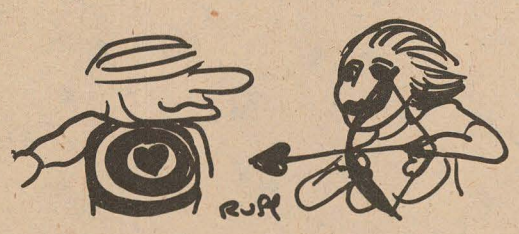


PX recalls water-filled pacifiers

The Post Exchange (PX) has issued a recall for three styles of water-filled pacifiers-gum soothers.

The Food and Drug Administration reported that water used to fill the items contains a compound that can cause vomiting if the pacifiers or gum soothers are punctured and the liquid ingested. PX retail outlets have removed the items from stock. Exchange customers who may have purchased one of the items that is being recalled may return it to the nearest PX retail outlet for a replacement or refund.

Manufactured by Reliance Products of Woonsocket, R.I., the items are style 550 Nuk Orthodonic Gum Soother (pacifier), style 559 Protect-O Gum Soother and style 565 Protect-O Cool Ring Gum Soother (a nine-piece ring). The recall is limited to all units shipped prior to Sept. 1, 1975. Items manufactured and shipped since that date are not hazardous.



Officers' Club activities

"Sweetheart Dance" on Sat., February 14. Dine, wine and dance with your Valentine to the music of Harry Mason, 8 p.m. to 12 midnight. Free corsage for the ladies. Make reservations early.

A la carte dining has returned for the Wednesday night dinner dance. Wednesday, February 25 is reserved for our "monthly" Prime Rib Chuck Wagon.

Danny Poole and Dotte Del Prado & Co. will be featured in the Attic Lounge every Saturday night from 9:30 to 12:30.

Arnie Montano's "Feelings" at the Sunday family buffet, and "Steak Night" every Monday from 6 to 9 p.m.

Have you enjoyed the view of Sausalito and San Francisco Bay from the Attic Terrace? As further inducement to enjoy this sight, we have provided charcoal grill, hamburgers and jumbo-dogs so you can flaunt your cooking skills every Friday night. Cost 95¢ each.

CPI triggers retiree pay hike

Federal retirees will receive a 5.4 per cent pay raise on March 1. The pay raise, which is tied to a rise in the Consumer Price Index (CPI), affects about two million military and federal civil service retirees.

Under the civil service-military pension system, retirees get a raise every time the CPI rises three per cent from the level that set the last increase. If the index stays at that level or higher for three consecutive months, the pension raise goes into effect.

New Letterman program aids doctors, patients

A new program is under way at Letterman Army Medical Center which may help you see a doctor faster if you need one. It's called AMOSIST (Automated Military Outpatient System).

This month, a team of five medical corpsmen and corpswomen began on-the-job training as AMOSISTs, the Army version of paramedics. The corpsmen have been trained in the diagnosing of acute minor illnesses, such as colds and influenza. They also have been trained to take patient histories.

All this is to enable Army doctors to see more patients with serious illnesses. Although minor illness may be diagnosed and even treated by Letterman's AMOSISTs, the corpsmen have strict guidelines on when to bring in a consulting doctor, such as fluid in the lungs, or high temperatures, according to Sp6 Robert Brabrock, an AMOSIST trainee. Brabrock says that he and his four colleagues have just returned from training at Ft. Sam Houston and Ft. Ord, which have well-established AMOSIST programs.

The AMOSIST program director, Lieutenant Colonel (Dr.) Thomas J. Egan, says that AMOSISTs have been used throughout the Arny and have helped in reducing the physician-patient load.

Environmental training

A leadership training program for environmental and ecology projects is being offered by the Central YMCA with the aid of the Tamalpais Conservation Club and State Park Rangers. Young adults (18-35) interested in learning trail building and conservation, gaining work experience for park careers and becoming volunteer crew leaders for ecology projects are invited to participate.

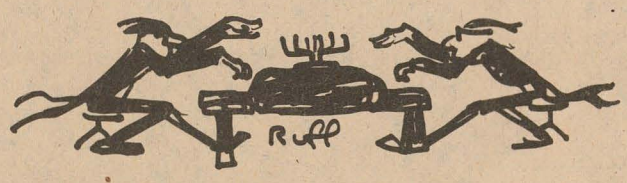
The first session will be Saturday, March 6, in Mt. Tamalpais State Park. For further information call the Y Young Adult Director, Greg O'Brien, at 885-0460 or the T.C.C. Coordinator, Caroline Morrison at 474-7516.

Winetasting and other things

The Letterman Officers' Women's Club will hold an evening affair which will include winetasting, and a program of "Diamonds and Champagne. The winetasting is sponsored by Sebastiani winery. To compliment the wines, cheese and meat will be served.

Mr. L. Lawrence Dixon will discuss the history of diamonds from the Pharaohs to the present, the merits of diamond ownership versus stocks or real estate for investment and the fine points of selecting a gem. He will have with him a Diamondlite microscope which we can use to inspect the variety of diamonds he'll bring. All diamonds will be available for possible purchases.

The event will take place at the Log Cabin on Friday, Feb. 20, at 7 p.m. Admission is $2.00 per person, payable at the door.

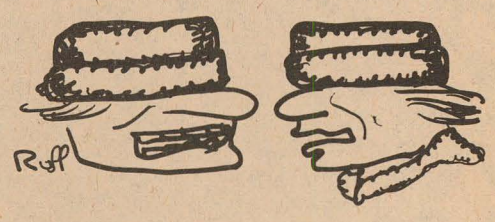


Ferrante and Teicher tickets

The Recreation Center will have tickets for the Ferrante and Teicher duo piano concert which will be held at the Masonic Auditorium, Saturday, February 14. The ticket office is open weekdays from 1 to 5 p.m.

Girl Scout leaders needed

Persons interested in working with girls aged 9 to 12 are asked to contact Judy Johnson at 561-3522 after 3:30 p.m. or Ginger Daniels at 561-3807. The Presidio Girl Scouts junior troop needs leaders and assistant leaders. Training is provided.



Conversational Russian at Ed. Center

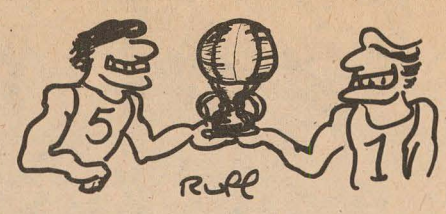
The Fort Scott Adult Education Department will offer a course in the Russian language. The texts and other materials are from the Defense Language Institute's (DLI) Short Course. This course should be of particular interest to military personnel. However, the course is also open to dependents and civilians. The instructor, a former Army interpreter, is a graduate of the DLI. This no-fee course will be held March 9 to May 13 on Tuesdays and Thursdays, 7 to 9:30 p.m. For further information and to enroll, call ext. 2974/4445.

Band concert to highlight B'way

On Wednesday, February 18, the Sixth U.S. Army Band will present a concert at the Presidio Playhouse at 7:30 p.m. The theme will be "Broadway and Hollywood." The public is invited free of charge.

Food stamps help save

You can save with food stamps. You **may** be eligible if you are: E-1 or E-2 with one or more dependents; E-3 to E-5 with two or more dependents; E-6 with three or more dependents. For information call Army Community Service, at 5155 or 5156.



Youth Basketball presentation of Awards

Awards will be presented to the winner and runner-up of the Major and Minor Youth Basketball Leagues at 7 p.m. February 17, at the Post Gym, Bldg. 63. At 5:30 p.m., prior to the awards presentation, the All-Army Basketball team will participate in a game. This high caliber basketball game, complete with the presentation of awards, is a must for all participating youths and their parents. All other personnel are invited to attend.

A note from the International Friendship Committee:

Our purpose is to extend a helping hand to all foreign born dependents who are unfamiliar with the English language and/or American customs. We need people who speak languages other than English.

Do you remember what it was like arriving in the United States for the first time and not knowing anybody but your husband? Remember how you waited for your husband to return home from work so you could go out to buy rice or milk? When you or your children were sick, did you have a difficult time getting somebody to understand what was wrong? Would an interpreter have made life easier for you during those times?

Interpreters are available through Army Community Service. However, we need more translators. If you speak a foreign language and would like to be called upon to help non-English speaking persons as a volunteer interpreter, please call us. We would be happy to include your name on our list. You need not be connected with the military nor live on post. You do need to be interested in helping others. We need people of all nationalities, races and creeds.

Please help those who are in a strange land, and maybe you can make new friends in the process. Call us at 561-5155 or 561-5156, or stop by Bldg. 913.

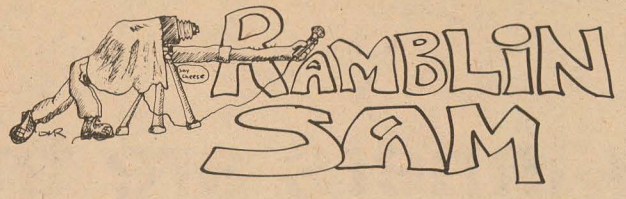
Old timers wanted

The National Park Service is looking for assistance in recreating the history of early San Francisco, and would like to interview people directly involved. Much of the land recently acquired by the Golden Gate National Recreation Area is military and contains the remains of old coastal artillery forts and gun emplacements dating from the 1890's to the 1940's.

Since opening this new urban park to the public, Park Rangers have been conducting guided tours through these batteries and gun emplacements. As public interest continues to rise, Rangers are attempting to develop a thorough history of the area. The National Archives, while yielding much technical information, do not tell a complete story nor do they supply the human element so necessary for adequately recreating a way of life.

The Rangers would like to talk with the men who fired the guns, the families of former staff members who ran the Forts, and the people of early San Francisco who can relate the feelings of day to day life among the people operating this great line of continental defense. Historic artifacts such as uniforms, photos, and diaries would also be of great assistance in enhancing the public tours of the Forts.

If you or someone you know were part of this life and wish to share it with the National Park Service, please contact Ranger John Martini at Park Headquarters, Golden Gate National Recreation Area, Fort Mason, Bldg. 201, San Francisco, CA 94123 or call (415) 556-0560.



How do you handle job pressure?



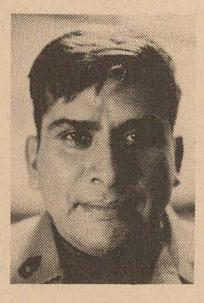
Sp4 Mike Conway: "When job pressure builds on me, I just do the best I can. When things get too rough, I know I've done my best and not worry about it too much. If I make a mistake, well, everybody is human."



PFC Ann Lowery: "When things build up to much during the week, I take off for the weekend. I just get away from the Presidio."



Sp4 Jerry E. Vieira: "I do all the work I can during the normal working day. If I can't finish, then I'll complete it the next. To relieve personal pressure I grab my tennis racquet, head for the courts, and work off my tensions with a couple of games."



SFC Juan Fernandez: "I look right at the job I have to do and see what must be done. I then gather the means I have to do the job. If it is beyond my means, then I seek help within my unit."



Captain Raymond A. Reass: "Normally I take one or two deep breaths, collect my thoughts, and if I can't handle a problem alone I head to one of my staff sections that support me and look for an answer."

To keep the inside healthy and the outside neat:

Presidians move their bods

By C. D. Steen

U.S. Army Garrison personnel take group physical training three days out of the week. For most, staying in shape ends there. But there are those who quest further than these programmed activities for better bodies. There are the runners, active sports enthusiasts, weight lifters, and there are those who indulge in muscle exercise programs.

The Star Presidian talked to a few of these body-conscious people and got their personal reasons why they make such an effort at exercising, what they hope to derive from it, and a few do's and don'ts when doing certain exercises.

If you can spend an hour in the morning on Monday, Wednesday, or Friday, a special exercise class is held from 9 to 10 a.m. at the post gym. Instructor Lynn Fitzwater will talk you through, and demonstrate, some 25 different muscle-toning exercises. Though many women attend this class to help lose weight, firm up, or just remain in good physical shape, it is also open to men for the same reason. The class is free.

Ms. Fitzwater, who has attended exercise classes for the past four years, said the exercise program also includes basic yoga, which helps one to relax besides being physically good for the body.

Franklin Clopton, a seaman assigned to the Ft. Point Coast Guard Station, spends much of his spare time at the gym building his body with weights and utilizing some isometrics.

"It's better to work with light weights and lift them many times, than to try to lift a very heavy weight a couple of times," said Clopton, working out at the post gym and doing a couple of his favorite body-building exercises. "Straining yourself can damage your body and just makes you tire quicker. I use weights I can handle easily and just lift them many times, rather than strain on heavy weights. I find it more beneficial in the long run. I also employ isometrics when weights aren't available to me, or where weights won't help."

About everywhere you go around the post, you will see someone running. Probably the most often seen runner is Major David A. Neck of 6th U.S. Army Headquarters. He is a member of the 1,000 Mile Club, but since picking up the run bug some three years ago, he has stretched the 1,000 mile mark by 1,500 more. "That's just recorded miles," said the major, trucking along on his five mile run for the day with this writer trying to stay up with him just long enough to get a picture and a quote. . ."I'm sure I have run at least 4,000 miles total in unrecorded miles. We can only put down three miles a day on the club's log sheet."

He was asked why he liked to run so much. "It's excellent exercise and I think it's fun. I keep shooting for a longer distance and more miles." With that, the muscular man, dressed in a sweatshirt adorned with 1,000 mile club badges, sped on his way toward a favorite running area, Ft. Point and the Golden Gate Bridge.

Post Sergeant Major Jack Willard and First Lieutenant Kevin Fitzpatrick are a couple other religious runners who try to get away a little while everyday to run a couple of miles.

The post sergeant major said he seems to like to run after dark when he has the choice. When his duty day schedule permits, it's off with the uniform, on with the sweat suit and head band, and out for a quick, two mile jog down the street, over some wooded landscape, or across the Golden Gate Bridge.

The lieutenant said he now prefers running as a choice over his one-time "love," handball, because he doesn't like to have to depend on another player in order to exercise. Now running four miles everyday except Sunday (an arbritary day to rest during the week, he said), he claims to have lost 30 pounds since starting regularly this past July. To top off his run, and to prepare for it, 1st Lt. Fitzpatrick does a series of situps prior to starting out.

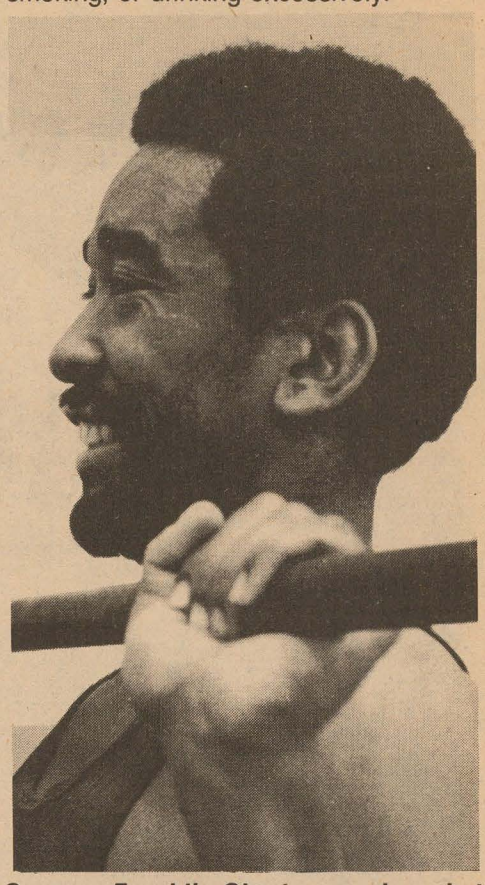
"It helps loosen me up," he said. After the run, he does pushups. . ."to help me relax me from the run."

There are those who would rather burn up the calories and build up the body playing sports, supplementing the exercise schedule with just good eating habits. Harold Lewis, a member of the All-Army Basketball team, is one such person.

"I stick to three nutritious meals a day," said Lewis. "I avoid snacks, or at least limit them wisely." He also said he is an early sleeper and an early riser. Besides playing hard ball, he does leg-strengthing exercises by taking long walks with weighted shoes.

Another Army team B-ball player, Hershel Lewis (no relation to Harold Lewis), admits that he refrains from smoking and rarely will he consume an alcoholic beverage. He said he doesn't participate in these common habits because of what he has read in medical journals.

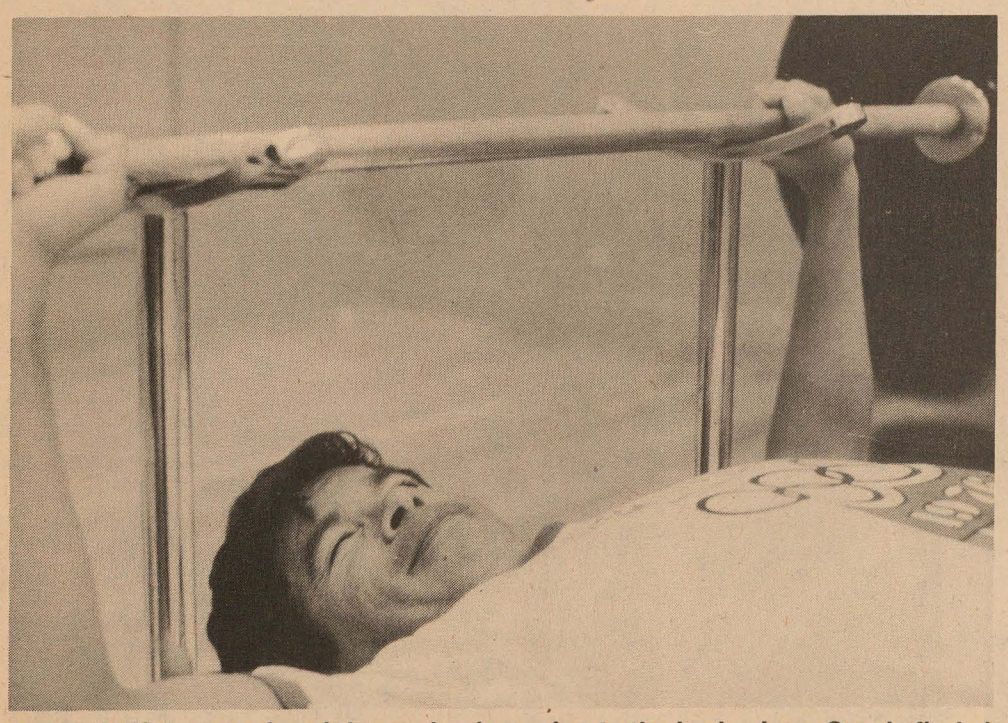
Does it help Lewis to play better ball? Pyschologically it does he said. "My body takes enough strain playing hard basketball," said the six foot, four inch soldier. "I don't need to damage it by smoking, or drinking excessively."



***Seaman Franklin Clopton,* assigned at the Ft. Point Coast Guard Station, uses the Post gymnasium often. Here, a chinbar helps him build arm and shoulder strength.**

Playing a fast, active sport is enough for some Presidians. Major T. W. Gostas and Lieutenant Colonel J.T. Corral of 6th U.S. Army Headquarters, are racketball enthusiasts and playing regular, hard games seems to keep them in good physical shape, they say. Lt. Col. Corral said the game is fun and helps him relax. He said he does jog, and likes to play tennis to further his exercise plan.

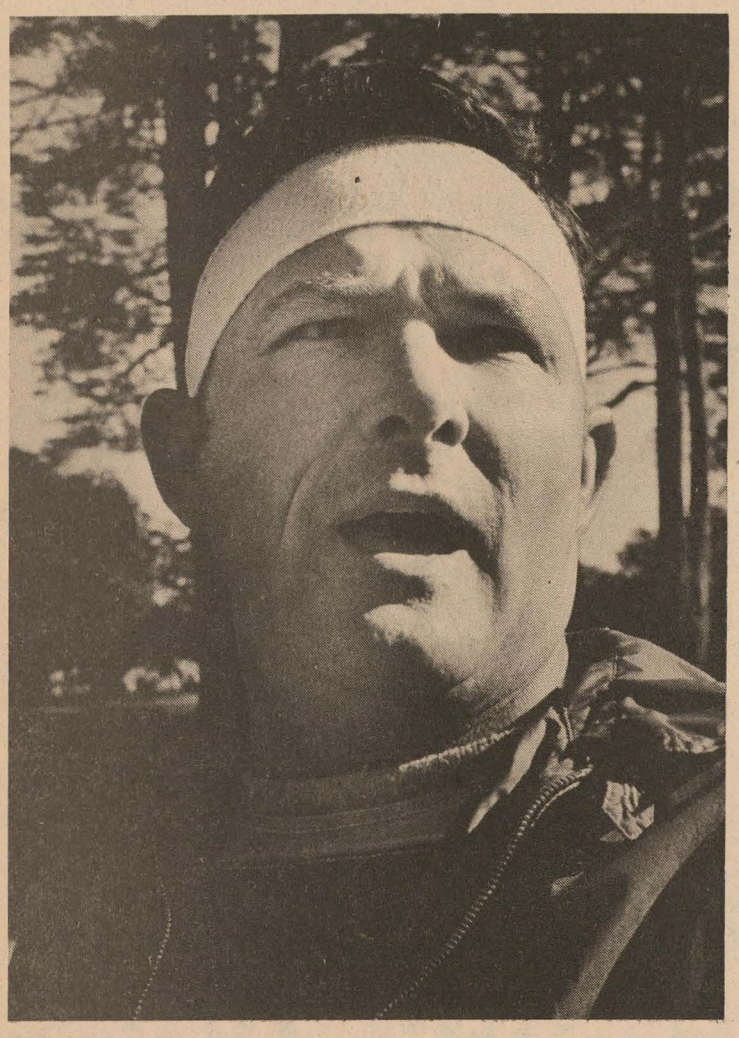
As shown, there are various methods of keeping your body in shape. The main thing is doing the exercises regularly. Your own body will thank you for it.

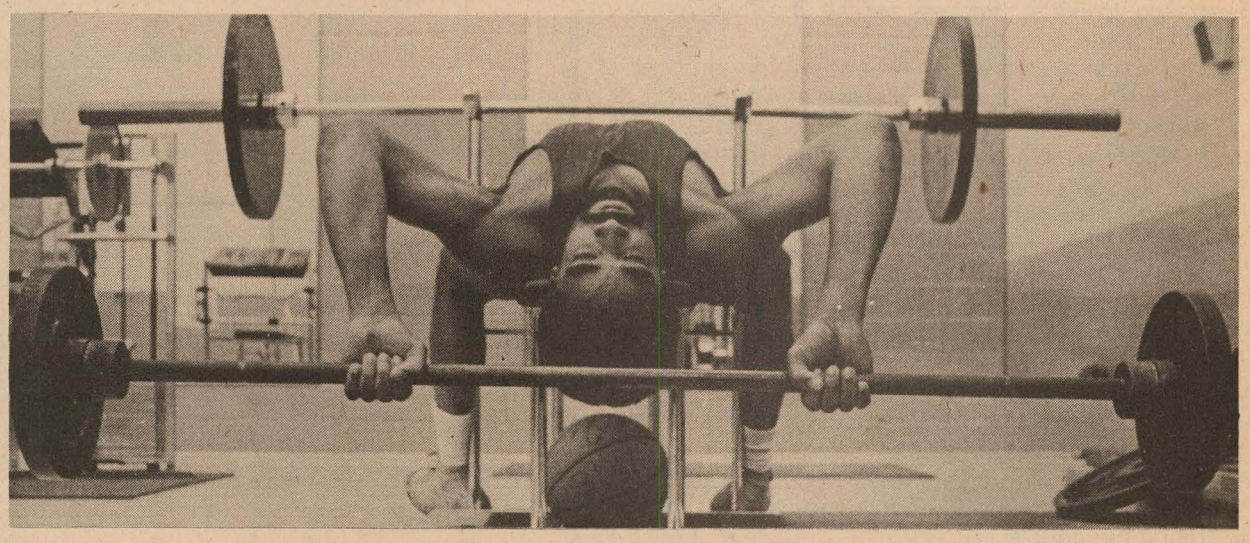


***Trying to lift too much* weight can be damaging to the body. Jerry Garcia finds it also tires one quicker, as too heavy a weight can sap strength before any good can be accomplished for the muscles.**

Diet and exercise. . .

The winners are the losers

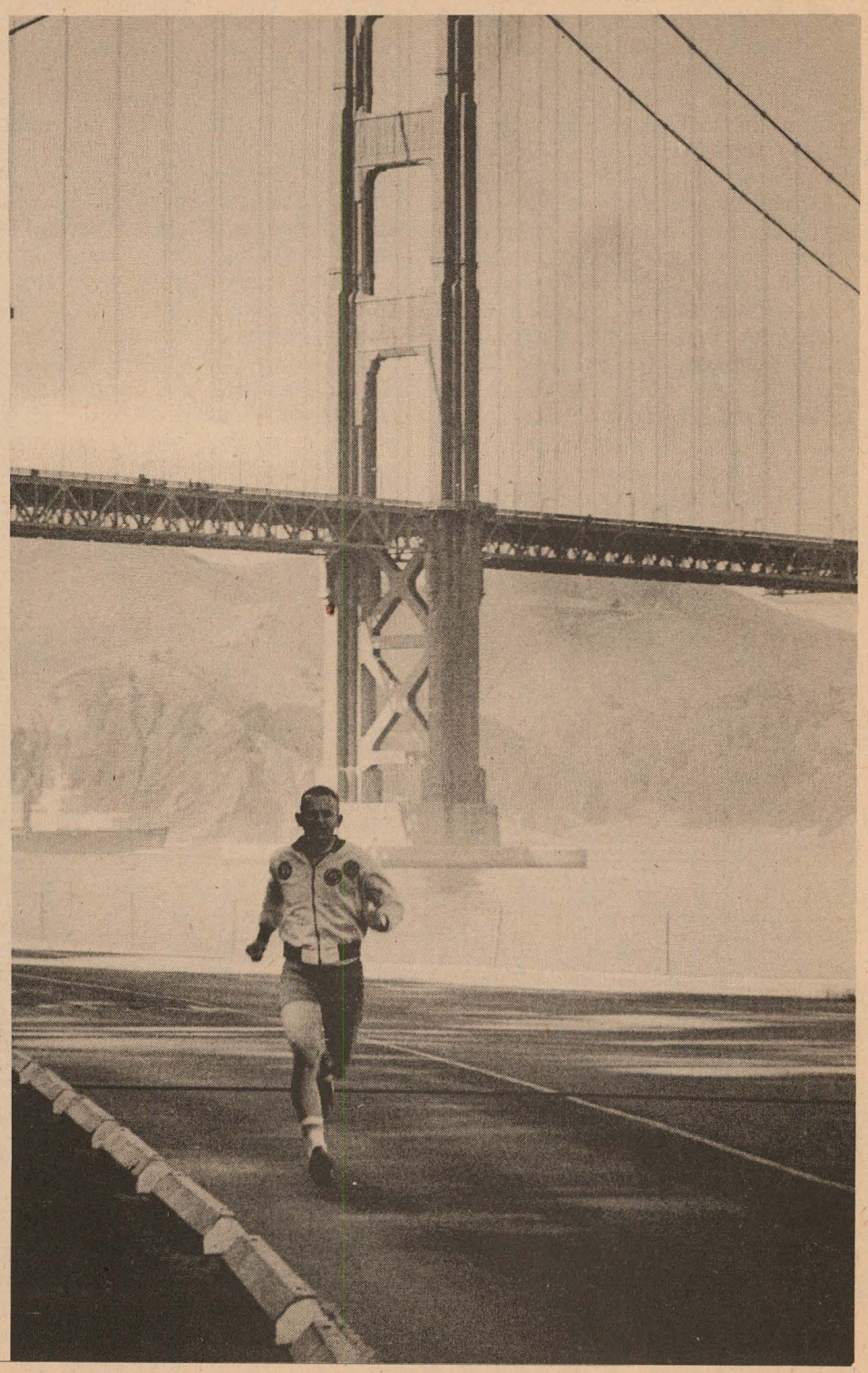






Various methods of exercise are depicted by Presidians. Clockwise: **Post Sergeant Major Jack Willard takes a deep breath after a 2-mile lunch hour run.** ***Seaman Franklin Clopton lies on back to lift weights. The method develops shoulder and wing muscles.*** **Lt. Col. J. T. Corral and Maj. T.W. Costas (foreground) keep active and healthy playing racketball.** ***Maj. David A. Weck is a ubiquitous runner and seen often trucking along near Ft. Point and the Golden Gate Bridge.*** **Lynn Fitzwater demonstrates a side-bending exercise to her weekly exercise class.** ***Story on page 3.***





Diets won't let your stomach go to pot

By Carol Cronin

Although everything may be beautiful in its own way, fat people included, health doesn't necessarily accompany beauty. "Obese" may seem a strong term to use in relation to the general populace, but the A.M.A. reports that 30 per cent of American men, and 40 per cent of American women over 30 are obese.

Carrying so much weight that your walk is closer to a waddle can also create obstacles for your Army career. But whether obese or only slightly overweight, there are some misconceptions about dieting that could lead more to frustration and undernourishment than healthier, trimmer bodies.

Colonel Eileen B. Treash of Letterman Army Medical Center's (LAMC) Food Service Division, warned against short-term fad diets. "Weight loss is a lifetime project and involves changing eating habits," she said. "Weight lost as a result of quick weight loss diets is usually only temporary, and a consistent fluctuation of weight can be more of a strain on your body than just remaining fat."

Fad diets often drastically decrease or entirely eliminate certain nutrients. But in addition to their individual functions, these nutrients combine to accomplish some biological functions. For instance, fat carries vitamins A, D, E, and K to your system. Insufficient intake of fat also means a shortage of these vitamins. Vitamin D helps the body absorb calcium. In addition to building strong bones and teeth, calcium delays fatigue and helps tired muscles recover. Fad diets that don't balance nutritional requirements in addition to caloric intake trade weight loss for good health.

Doctors are finding that obesity often goes back to childhood eating habits. The number of fat cells in the body is determined during childhood and remains constant for the rest of the individual's life. When he loses weight, he doesn't lose any cells—the cells are merely reduced in size. A roly poly baby may be cute, but he may have to pay for excess baby fat later.

How about fasting? If you're going to diet why not go all out and get it over with? One benefit of fasting, is that after a couple of day,, your appetite usually adjusts, and you lose your preoccupation with food. But as with any drastic change forced upon your body, there can be a negative side which should be chanced only in extreme cases, and only under the care of a doctor. Some long term fasters have had trouble with headaches, nausea, feeling weak or light-headed, kidney or bladder stones, ulcerative colitius, and deep mental depression. Short term fasting of a day or two per week simply to maintain weight loss is safer, but still shouldn't be undertaken without a doctor's approval.

"The diet LAMC usually recommends," says Col. Treash, "is a balanced 1200 calorie diet for women and 1500 calorie diet for men." If you're serious about losing weight, keeping it off, and remaining healthy at the same time, see a doctor and do it right."

Some exercises can hurt you

How many chubby men do you see out jogging, their excess flab bouncing in time to their step? Not many. That's probably because that extra fat makes jogging too difficult, or, if they stick with it anyway, the flab disappears.

Diet and exercise go together, so if you have a weight problem, consider developing an exercise program for yourself as well as watching what you eat. But as with a diet, exercise can do more harm than good if you try to go too far too fast.

Exercise shouldn't hurt. Push yourself only to the point of comfortable fatigue. The key is in consistent exercise over a long period. And don't skip the warm-up. Impatience will only lead to torn muscles, strained ligaments, or possibly even heart problems. Almost one adult in seven has some type of heart abnormality during exercise, and many don't know it. Anyone planning a program of vigorous physical activity should get a medical checkup first.

One test of whether or not you're exercising too hard is how long it takes your breathing and pulse to return to normal. If it takes any longer than 10 minutes you're working too hard.

Don't believe the old wives' tale that says—work off a cold. Never exercise while suffering from an acute infection.

Avoid rapid muscle action, or ballistic movements before warmup. When touching your toes, reach slowly just until you reach the point of pain. When bobbing down, your momentum can carry you past the point of pain so that you're more likely to strain the muscle.

While attempting an especially strenuous exercise, there is a tendency to hold your breath. However, it should be avoided. The strain increases the pressure in your chest, interfering with the return of blood to the heart. A normal person could faint, while someone with unsuspected heart defects could have an attack.

Your exercise program will depend on what part of the body needs emphasis. Calisthenics, bowling, golf, weight lifting, etc., will improve flexibility, coordination, and muscle tone. But to strengthen your heart and lungs, a more active sport such as swimming, jogging, bicycling, basketball, etc., is necessary. Naturally, a combination of exercises is best, to keep the whole body in shape.

If you need extra motivation, try out for the Presidential Sports Award. This award is given for participation in any of 39 group and individual sports, including swimming, jogging, cycling, archery, back packing, basketball, canoe-kayaking, climbing, fencing, handball, and judo and karate. The basic qualification is 50 hours of participation, spread over 50 activity sessions, within a period of four months.

Whatever your exercise program, make it one you'll stick with consistently. Sporadic strenuous exercise will only result in sore muscles, and does nothing to strengthen your heart and lungs.

Presidio unit gears up for PT test

Physical fitness has always been a concern in the military, but a recent Army regulation has combined the Army Physical Fitness and Weight Control Program, and given them both more emphasis than in the past. The new regulation establishes physical fitness training for personnel regardless of age, as long as medically able.

Captain Silas K. Herndon, post reenlistment officer, said that in accordance with the regulation, "Soldiers who have been identified by commanders as being obese, for other than medical reasons, and who aren't aggressively pursuing a weight loss program, could possibly be barred from reenlistment."

Headquarters Company U.S. Army Garrison is feeling the increase in physical fitness emphasis this month. They are preparing for the first of a new program of Physical Training (P.T.) tests to be administered every six months. Those who pass the test will be allowed to keep themselves in shape any way they like. Failing the test will mean taking part in a structured P.T. program.

The test for ages 17-39 consists of:

Women's P.T. test

80 meter shuttle run (timed)
Modified pushup
Bent leg situp
Knee bender (timed)
½ mile run (timed)

Men's P.T. test

80 meter shuttle run (timed)
Bend and reach
Pushups
Bent leg situps (timed)
Squat thrust (timed)

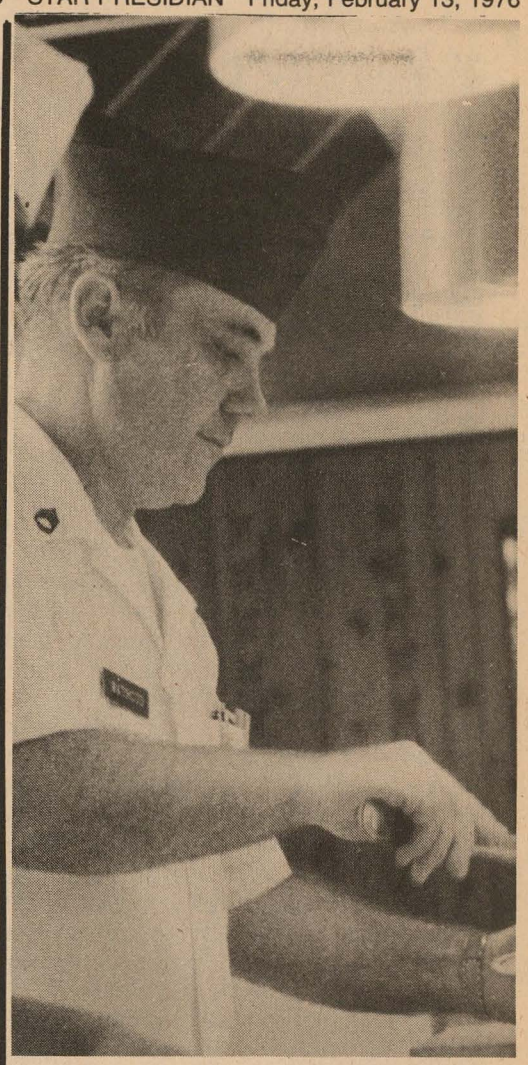
To give you an idea of whether or not your extra flab could cost you your job, here is a table of where you should stand for your height and age. The Department of the Army (DA) developed this weight table, which leaves a fair amount of leeway between the minimum and maximum number of pounds allotted for each member of the Army.

Military Acceptable Weight For Females

Height	Minimum Weight	18-20 yrs	21-24	25-30	31-35	36-40	41 & over
58	90	121	123	126	124	135	135
59	92	123	125	129	126	139	138
60	94	125	127	132	128	142	141
61	96	127	129	135	131	145	141
62	98	129	132	139	132	148	147
63	100	135	136	141	136	151	150
64	102	136	140	144	140	155	154
65	104	140	144	148	145	159	158
66	108	144	149	151	150	164	163
67	109	147	151	156	154	168	167
68	112	152	158	159	159	172	171
69	115	158	160	164	162	176	175

Military Acceptable Weight For Males

Height	Minimum Weight	18-20 yrs	21-24	25-30	31-35	36-40	41 & over
60	100	163	173	173	173	168	164
61	102	171	176	175	175	171	166
62	103	174	178	178	177	178	169
63	104	178	182	181	180	176	171
64	105	183	184	185	185	180	175
65	106	187	190	191	190	185	180
66	107	191	196	197	196	190	185
67	111	196	201	202	201	195	190
68	115	202	207	208	207	201	195
69	119	208	213	214	212	206	200
70	123	214	219	219	218	211	205
71	127	219	224	225	223	216	210
72	131	225	231	232	230	224	216
73	135	231	239	238	237	230	228
74	139	237	246	246	243	236	229
75	143	243	253	253	251	243	235



By C. D. Steen

Stanley Watrous has been overweight since he was 14 years old. At five feet, nine inches tall, Watrous should carry a weight of about 175. For nearly 29 years he carried a mass weighing in at about 260.

This past December he and a concerned Army commanding officer decided something should be done about the excess. After a visit to a doctor's office, and with the care of a dietician, Watrous is licking the battle of the bulge.

Today, Watrous, now a sergeant first class and the assistant mess steward at Garrison dining facility, is combining a sensible diet, a supervised medication, and exercise to bring his weight down.

"It seems like I have always been heavy," said Watrous. "I was raised on a farm and our family had always eaten well. Maybe too well for me. I weighed over 212 pounds when I entered the Army and I didn't think much about being overweight. It was only in the last year or so that I became short of breath and it seemed like I was always tired. Then I went to Letterman Hospital, and a doctor informed me that besides being overweight, I had high blood pressure."

Watrous was called by former Headquarters Company U.S. Army Garrison commanding officer, Captain Barry Ansel, who counselled him about his being much too heavy for his size and that he should reduce.

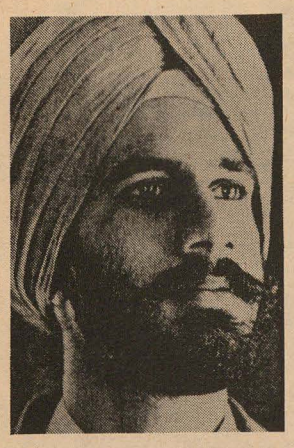
With a dietary plan to follow, and monthly checks at the hospital, Watrous found reducing not as difficult as some people tend to think. "You just have to remember not to lick the frosting pans," Watrous jokes.

"Actually, I'm not too restricted as to what I can and can't eat," said the sergeant. "I just avoid certain foods that have a high fat content. I'm also taking by prescription, water pills which help me to rid my body of excess fluids. The pills also help curb my appetite."

SFC Watrous has gone from 260 pounds to 212. He still has a way to go. "I want to be around 180," said Watrous. "I don't think I'll have much trouble."

Since losing the 48 pounds, Watrous claims he has never felt better. In fact, he said, dropping the weight makes him feel as though he removed sandbags from around his middle. Before the weight loss he said he had to wear shoes with special padded soles because the crushing weight made walking, or just standing for short periods of time, almost exhausting.

Watrous is grateful to the doctors and dietary staff at Letterman for their help and support. He is especially grateful to an Army Captain who pointed a finger into his inflated midsection one day and told him to take it off.



Soldier doffs turban to teach pottery

A lot of male soldiers would like nothing more than to be able to grow their hair long and even sport a beard. There is one soldier assigned to the Presidio who did just that—legally—and he wasn't trying to buck the system. He even worn a turban in place of a G.I. hat. But for Specialist 5 Kewal S. Takhar, wearing a beard, letting his hair grow as long as he wanted and wearing a turban, wasn't just a fad. He was born and reared in India, and wearing long locks was part of his native custom. When he was drafted into the Army while living in California, he was allowed to keep the long hair, the beard, and the turban as part of the stringent Sikh religion, from which the custom comes.

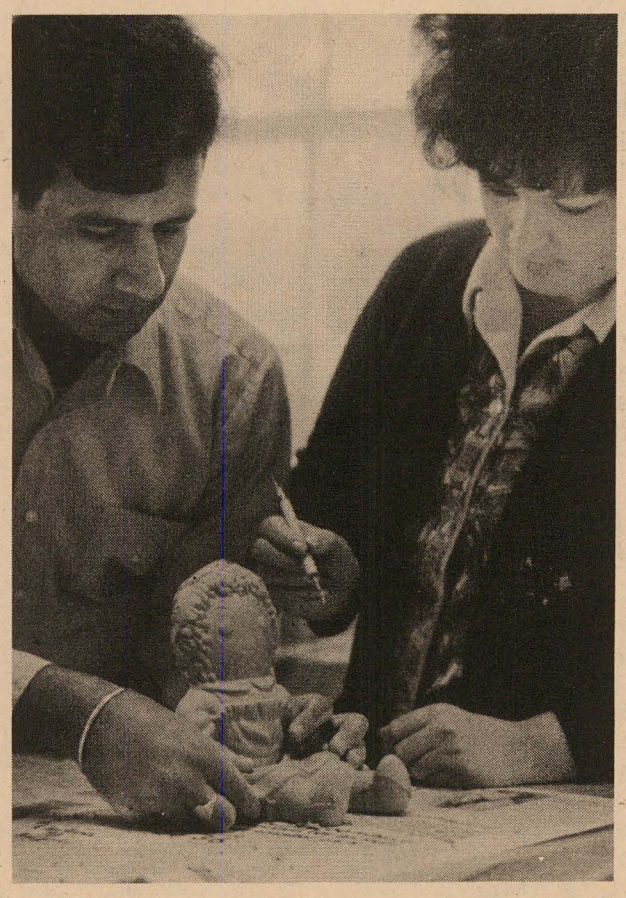
That was almost seven years ago. Today, Sp5 Takhar is an American citizen. He has been at the Presidio for five months and has neither beard, turban or long hair. He gave it up two years ago in order to look like his Army buddies.

Takhar works at the post arts and crafts shop and busies himself helping others create beautiful pieces of ceramic art. But the job wasn't something he was taught after coming into the Army. With three years of art background from the Government College of Arts in Nahan, India, he was well qualified to take the arts and crafts MOS. In fact some of his personal work has netted him quite a few awards in the U.S. and in India. He was presented medallions for water color creations in an all-Army art contest, eight awards in arts and crafts contests, and held one-man art shows both in this country and in his native India.

Takhar became interested in art while attending high school in India. His teacher recognized Takhar's talent and encouraged him to pursue art seriously.

At the Presidio, water colors, oil painting, and sculpturing, Takhar's main interest, is left for off-duty time. While assigned to the arts and crafts shop his main vocation is helping create beautiful ceramic art pieces for the many enthusiasts who visit the shop. Takhar briefly explains his job:

"The people must buy the mold and their own tools," said Takhar. "Once they have what is necessary, I help them pour the mold, fire it—which hardens the clay-like material—and eventually how to finish it. There are many steps, depending on what one wishes to do with his or her chosen ceramic."



Kewal Takhar came to the United States 6½ years ago. Most of his time in America has been with the Army. Takhar tells how the Army and the U.S. became his home:

"I came to America in 1968 and moved to Stockton, California to live with my brother," said the trim, 29-year-old soldier. "I had plans to continue art studies at a university, but I had been in the United States long enough for me to get drafted." The draft was a big blessing for him, he said. He became an American citizen, which is what he had wanted. The Army just quickened the process. Normally, it takes five years.

While in the Army, Takhar has been assigned in Europe and at other posts where his art creations have been displayed.

Now living in San Francisco, Takhar and his wife and child, hope to make California their permanent home. Takhar says he loves the area and wants to continue creating in the art field.

Focus

By A.C. Reyes hisself. . .

Sin is not a word much used in today's world, but most of you will probably remember the fact that there are sins of omission as well as of commission.

When it comes to photographic sins, this is particularly true. The pictures which didn't get taken because there was no camera, or not enough film or enough magicubes when needed, are as much of a loss as the ones where the camera was used incorrectly.

Now, with the beginning of a new year, is a good time to sit down and look at your own photographic efforts with critical eyes. Where do you stand in terms of photographic sin?

Begin by assembling the yellow boxes and photofinishing envelopes you've acquired during 1975. (If this in itself is a difficult job, your improvement campaign can start right there.)

Once you've gotten them together in one place, look at them. Are they identified as to place and date the pictures were taken? Were the pictures from last summer's trip ever organized into a slide tray or album? Did you ever send the extra prints to everyone you promised? Considering all you did last year, is the collection of envelopes and slide boxes pitifully small?

And that's only some of the sins of omission.

Now to get on to the commission kind. Look carefully at the pictures themselves. How many times do you find yourself saying wistfully, "That would have been a great shot, if only. . .? If it's often, try sorting the "if onlys" according to type. The resulting piles should tell you quite a bit.

A large stack of "if they hadn't been blurry", pictures makes it clear that your problem is camera steadiness or poorly adjusted focus. "If only the background had been better". . .or. . ."if I had been closer". . .or the "lighting had been better,". . .are pretty much self-explanatory. In a case of one or two biggish stacks, your course of improvement is clear.

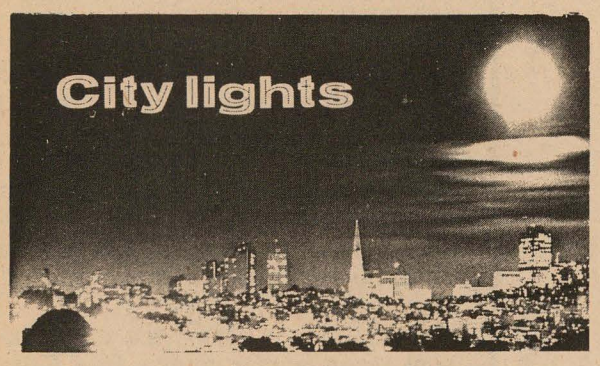
If they're pretty much equal, and include such things as, "if only I hadn't chopped my girl's head off," then you have problems and could probably use some help.

One thing you can do is investigate locally available photography courses you can sign up for.

Second, consider the camera you are using. Is it doing as complete a job as possible for you, or are you still unfamiliar with its operation? Perhaps it is time to get reacquainted with the instruction booklet that came with it.

Third, get to the library and read up. "How to" books are a big help here. Also, the P.X. carries a variety of photographic magazines. You'll find them a very good source of ideas, the articles are excellent, and really, they make fascinating reading.

Also, give someone a Valentine today, whether you like them or not.



Saturday, 14th Dragon people, this is your year, so make the most of it! If you were born in 1904, 1914, 1928, 1940, 1952, 1964, or 1976 you were born under the greatest of twelve celestial powers, according to oriental astrologers.

Loong, or the dragon, is a bearer of blessings, a symbol of strength, and the spirit of change, so classicists look forward to a year of progress and enlightened change.

People born under the dragon are brilliant, brave, sensitive, and authoritative. They are also fiery-tempered, stubborn, excitable and very often eccentric. They are considered fortunate because their benefactor bestows riches, harmony, virtue and longevity. (You'd never guess I was born in '52 would you?)

Tonight a new imported 150-foot dragon highlights the annual Chinese New Year Parade which starts at 7 p.m. The route starts at Pine and Battery Streets and follows a 19-block route south on Battery to Market, west on Market to Grant, north on Grant to Bush, east on Bush to Kearny and north on Kearny to Colombus, passing the reviewing stand on the east side of Kearny between Pine and California.

Presidio dependent paints a winner

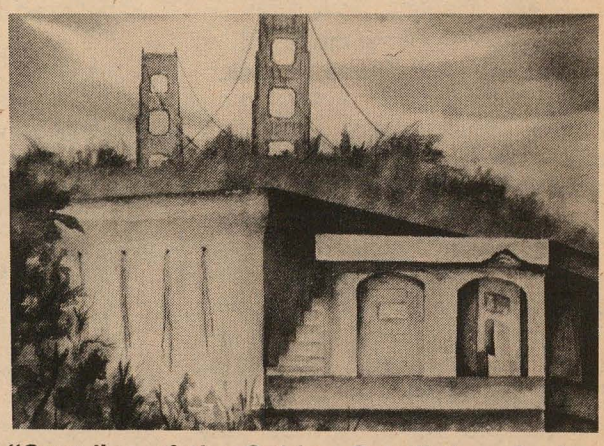
At last! Winners for the Presidio Art Contest for 1976 have been decided. First place over all went to Bernice Byrd who did a watercolor titled "Guardian of the Golden Gate." Second place went to Virginia Muldoon, who presented a charcoal drawing titled, "Little Bear Who Climbs Trees." Third Place (with honors) was shared by Isa Nicholson, who did a Chinese-style brush drawing called, "Pershing Square, 1976," and Doris Bleich, with an acrylic titled, "California Gull at Home."

First Prize, 5-11 bracket, and the sentimental favorite, was earned by Paul John Balson, with an imaginative mixed media overview of the Presidio. Bob George (14) gained First Place in the 12-18 age group with a pen and ink drawing of the Lombard Gate.

Honorable mention went to Denzil Neff (acrylic); Jose Flores (pencil); Pamela Mauritsen (mixed media); and Jas M. Herrick (oil).

The first four drawings mentioned will be displayed at Creations Unlimited, building 911 (near ACS), for two weeks. Creations unlimited is open Tuesdays and Thursdays from 10 a.m. until 3 p.m.

Everyone who submitted to the contest may pick up his or her art in the SP offices today or Tuesday.



***"Guardian of the Golden Gate,"* the winning painting by Bernice Byrd, done in watercolor.**

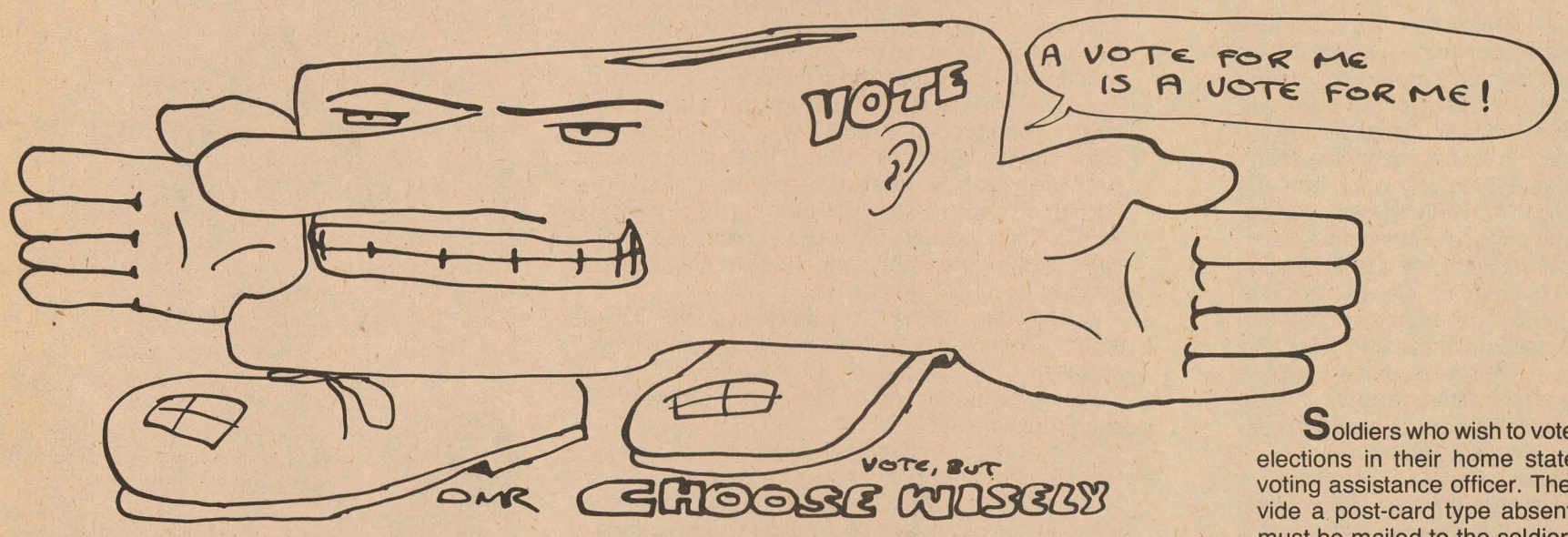
Star Presidian

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Colonel Warren J. Lodge, commander
Major Michael J. Williams, public affairs officer
Sp4 David M. Ruff, editor
Sp4 Carol Cronin, reporter

And the hip boots

Time to dig out the ballots



By Carol Nelson

Well, folks, the quadrennial national political roustabout is about to begin again. Democrats, Republicans, American Independents, Communists, American Nazi, Socialists and scads of lesser known political affiliates will soon be out stumping up support to get themselves into public office.

And what is the average red-blooded American doing about it? Anyone knows it's in the best tradition of our country to join in the various activities supportive of a chosen candidate and do your golderndest to get him or her elected, right? That depends. . .

When you joined the Army, you signed away a few political involvement options. Some are entirely forbidden while you're actively serving; others are restricted to your off-duty time, out of uniform.

To keep yourself out of hot water during the upcoming election year, you should be aware of what you can and cannot do while under Uncle Sam's thumb.

You are allowed to vote in political elections, voice a personal opinion on candidates privately, make monetary contributions to political organizations, and attend partisan and non-partisan gatherings when not in uniform.

You may also serve as an election official as long as it doesn't prevent you from getting to work or guard duty on time (and you should have your supervisor's permission). Sign any petition you want; write letters to newspaper editors on political issues as long as they're not partisan in nature. Oh yes, and you may put political bumper stickers on your car.

On the other hand (this is when you have to be careful), you may not use your rank or position in the Army to influence or interfere with an election or put the arm on anyone to vote for your candidate or contribute money to the campaign, get neck deep in the management of a partisan campaign or convention, publish partisan articles, give speeches before a partisan meeting or march along in partisan parade or demonstration, offer to drive voters to the polling place on behalf of your candidate, or put up large political signs (bigger than a bumper sticker) on your car.

Don't despair, your rights as a citizen are not trampled. Many members of the military do become very active in campaigning for the candidate of their choice—they simply are mindful not to mix the Army and politics—they do it on their own time, in civvies, and don't say, "I'm Sgt. Bushbeater, the Army and I think you should vote for . . ."

In the Army we are not subject to the "Hatch Act" (5 U.S.C. 7321) and within certain limitations, we could actually become candidates for public office (if you have hankerings along this line, see the JAG office before mailing up your posters and bunting).

Soliciting money is another touchy point. Your own private contributions is OK, but don't hit up your fellow platoon or office members for funds for a partisan campaign. The reg which covers these restrictions (AR 600-20) also says you shouldn't perform clerical duties as part of a campaign.

It all boils down to the fact that you have your own vote, your own opinions—and you also have the responsibilities you agreed to when you joined the Army. From the Ft. Hood SENTINEL

Soldiers who wish to vote in presidential primary elections in their home state should contact their voting assistance officer. The voting officer will provide a post-card type absentee ballot request that must be mailed to the soldier's home state. The absentee ballot will be returned in time for the election. Since the time limits for the ballot to arrive before the election varies with the state, soldiers should contact their voting officer as soon as possible.

The following states will conduct presidential primaries on the dates indicated.

	Primary Date
New Hampshire	February 24
Massachusetts	March 2
Florida	March 9
Illinois	March 16
North Carolina	March 23
New York	April 6
Wisconsin	April 6
Pennsylvania	April 27
Texas	May 1
Alabama	May 4
District of Columbia	May 4
Georgia	May 4
Indiana	May 4
Tennessee	May 6
Nebraska	May 11
West Virginia	May 11
Maryland	May 18
Michigan	May 18
Idaho	May 25
Kentucky	May 25
Nevada	May 25
Oregon	May 25
Rhode Island	June 1
Montana	June 1
South Dakota	June 1
Arkansas	June 8
California	June 8
New Jersey	June 8
Ohio	June 8

Too much noise can wreck your head

By Peter Haugen

Listen...hear anything? Depending on where you're reading this, you're probably hearing a variety of sounds, from the tappety-tap of office typewriters to the dull roar of lunchtime in the dining hall.

Is there an airplane passing overhead? Does the radiator rattle and hiss? Do you turn the radio up when your favorite song comes on? Have you given up turning down the television when the used car commercial knocks you out of your chair?

It's all noise. When enough of it bombards your ears for long enough, the result can be permanent hearing loss.

Hearing loss has become a big problem in the Army. In fiscal year 1974 the Army paid $61 million in damages to persons who suffered hearing loss while on active duty. Furthermore, a recent survey identified serious hearing loss in half of career soldiers tested after 10 years' service.

The Surgeon General has set 85 decibels as the maximum steady state noise level for continuous exposure. However, limiting the sound soldiers are exposed to is easier said than done. An M-16 rifle creates a sudden 159 decibels. The Light Anti-tank Weapon (LAW) operates at 178 to 182 decibels. A 105 mm howitzer blasts the troop's ears with 185-191 decibels of sound. All this remembering that the level at which pain begins is 120 decibels.

A decibel, by the way, is an amount of acoustic energy exerted on the ear drum. The decibel scale starts at zero, the lowest point sound can be picked up by the ear. From there the scale increases logarithmically; that is, 10 decibels is 10 times the lowest amount, not ten more. Seventy decibels is 10 times louder than 60 decibels. Seen in that light, the 118 decibels of a radial saw is a lot of noise. Hearing loss isn't the only side effect of noise. Even moderate noise, like a motorcycle accelerating across the street, works physical changes throughout the body. Blood vessels in the brain dilate. Blood vessels in the rest of the body constrict and blood pressure goes up. The heart rhythm changes. The pupils of the eyes dilate, the blood cholesterol level rises and hormones pour into the boodstream.



Let's face it, for the human animal, the cave dwelling hunter and forager who lives within us, a loud noise means danger - and the body gets ready to fight or run. Most of these effects are temporary, but in an everchanging noise environment some of the body's altered functions become constant.

So what do you do to protect yourself?

The Army has hearing protective devices designed to be used in a variety of situations. There are the familiar single- and three-flange earplugs issued to basic trainees and others using loud weaponry and equipment. There are three types of disposable earplugs in the government's supply system as well. These are made of wax-impregnated cotton, polymeric foam and silicone rubber.

Local commands have hearing conservation programs, intended to screen and monitor individuals whose job situation might impair hearing. The Army reminds civilian employees and soldiers, however, to look out (or is that "listen out"?) for their own ears. Your Army or civilian health clinic can help.

from the Pentagram News

They hope for West Point

Presidio tests first women candidates

Few people will debate that it is no longer a man's world. With the military academies giving the OK for women to enroll in once men-only military structures, another sex barrier has fallen. But women wishing to attend military academies, find few changes are made in the stringent regulations to accommodate them. Women find they are treated equally when applying and that goes for proving to Army West Point qualification examiners just how physically fit they are.

Sunday, the third West Point physical evaluation aptitude test for the 1976 freshman class was held at the post gymnasium, and for the first time, women were seen among the once all-male candidates. Six female high school and college students from the Bay Area took the four mandatory tests, to include the standing broad jump, chin bar, the modified basketball throw, and the 300 yard shuttle run.

According to Captain Dennis Hall, officer in charge for the testing program, the women competed equally with the men with only one modification. He said that the women did not do the pull-up excercise that men were required to do. Instead, women candidates were required to do the "flexed-arm hang" exercise. This exercise requires the women candidates to hold their chins above a chin-up bar for as long as possible with their bodies fully extended and hanging free. Men are required to fully hang by their arms, and then pull themselves straight up until their chin clears the top of the bar. This is done in repetition.

The shuttle run, modified basketball throw and standing broad jump qualifications are the same for men and women, according to Hall.

With stringent rules and regulations to put up with at West Point, one might wonder why a woman would want to try for such a college.

"I believe West Point will furnish the best education that can be had," said 17-year-old Brigid Benya at the completion of her testing. The Fremont Mission San Jose High School senior said that she knows how tough it can be at West Point, but that's what she wants. She said that she hopes to become a chemical engineer and wants to make sure she is leaned upon to keep her studies up.

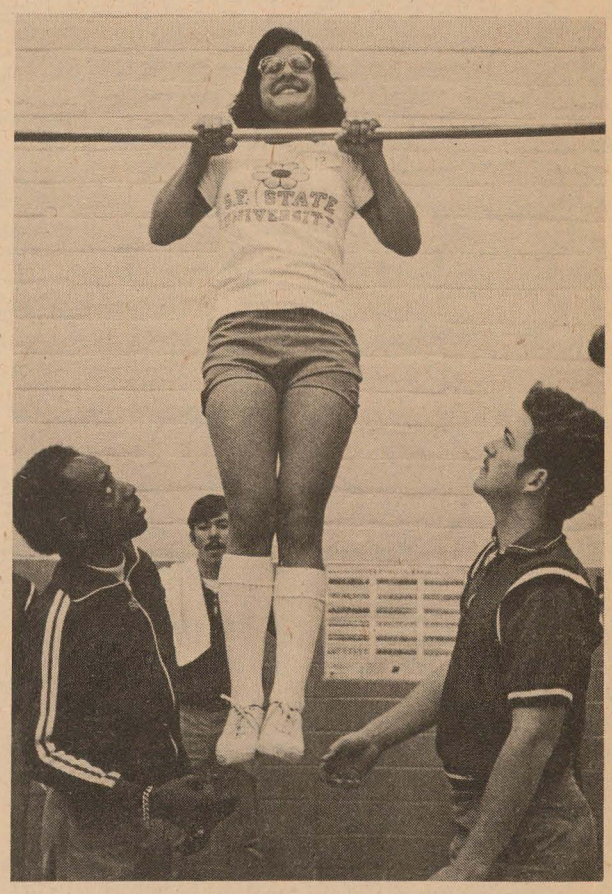
Betsy Maricle, 18, a Santa Rosa Junior College student, feels similarly. "I want a strict environment," she said. "I know West Point will give me the personal discipline I need to help win a degree in research chemistry."

The other four women were encouraged by friends, family, or teachers. All elected to try for enrollment at West Point because it meant a real challenge just to get in, and be among the first women to graduate.

Besides the Presidio, physical examinations for women were given at selected military posts throughout the United States.

Captain Hall says that the scores achieved by the top-scoring female candidates, excluding the chin-bar scores, were higher than half of the scores for male candidates accepted into West Point last year.

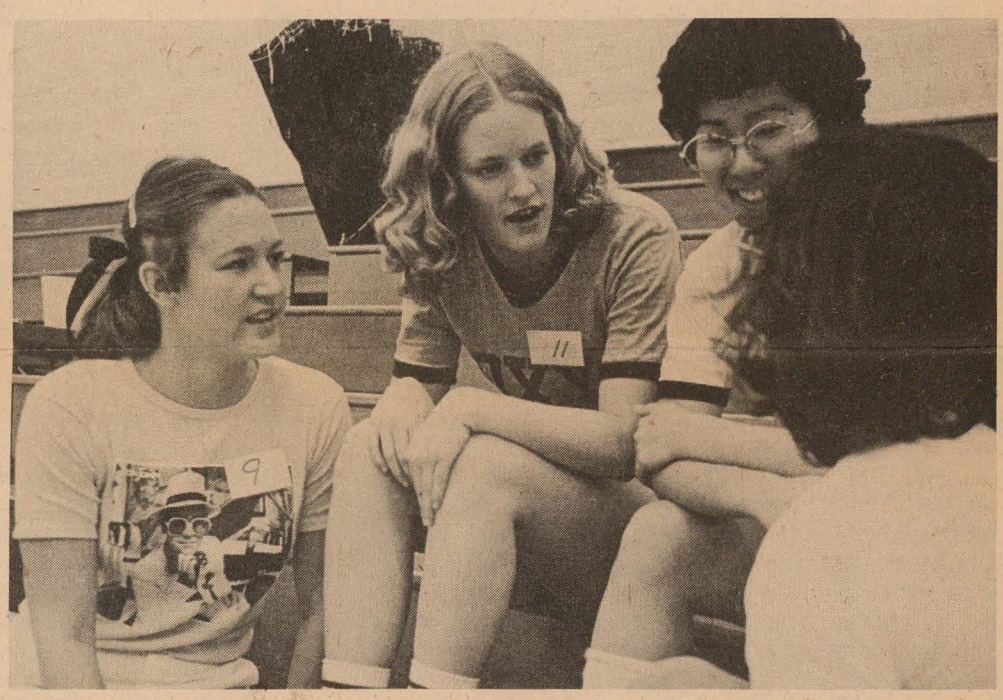
Editor's note: Pictures and interviews are not allowed during the testing period. Comments and photos were coordinated when all candidates had completed testing.



The modified version **of the chin bar exercise for women is the "flexed-arm hang."**



Two pair of legs **slam the turn line, as they race back to the starting point during the 300 yard shuttle run.**



After the examination, **four of the six women candidates discuss how they think they did.**

SPORTS

Roger rolls again

Roger Goodman, the bowling jockey who rolled a 714 last week, hasn't let up. Tuesday night he wore out the pins again, shooting a 298 for an overall three game 710 series. The American Bowling Congress (ABC) presented Goodman an award for the 298 game.

Presidio Intramural Basketball League standings as of February 9 are:

Presidio League	Won	Lost
LAMC #1	14	0
666 Radar	9	4
LAIR	8	5
USAG	7	6
WRRC	6	6
402nd MP	2	8
Support Element	2	11
170th MP	1	13

Fort Scott League	Won	Lost
AFPD	12	0
16th BPO	9	3
HHD 504th MP	8	4
864th Engrs	5	7
LAMC #2	5	7
Dist Corps Engrs	3	9
USAAC	0	12

Since AFPD can't play in the finals against LAMC #1, the only question remaining this season is, can HHD 504th MP pull a fast one and win against the steamroller from LAMC?

Registration for 1976 Presidio youth baseball

Registration dates for all boys and girls desiring to participate in the Bantam or Cal-Pal Leagues in the Presidio Youth Baseball Program are as follows: For 8-9-10 year olds, tryouts will be held 8:30 a.m. to 3:30 p.m., Saturday, March 6 at Pop Hicks Field. For 11 and 12 year olds, tryouts will be held 9 a.m. to 2:30 p.m., Saturday, March 13, Pop Hicks Field. For 13 thru 15 years, tryouts will be held 9 a.m. to 1:30 p.m., Saturday, March 20, at Paul Goode Field. For further information, call the Youth Activities Director, Ext. 2002/5141.

Outdoor Rec ski trip

Sally forth in your snow-slats if you want to join your fellows to ski at Heavenly Valley February 27-29. The trip, which costs $60.50 per person (or $40.50 per, without lift tickets) includes two nights lodging, skis, round trip buses and a modicum of snow. The bus will depart February 27 at 2 p.m. from Bldg. 122 and return Sunday evening at 9 p.m.

For reservations call Presidio Outdoor Recreation at 561-4324 by February 17, 1976.

Army trial camps and interservice championships

Dates and sites for the 1976 Army Trial Camps and Interservice Championships for women athletes have been announced by DA recreation officials.

Army Trial Camps will be conducted for the following sports: basketball, March 1-26 at Ft. Dix, N.J.; synchronized swimming, March 22-July 3 at Ft. Meade, Md.; volleyball, April 19-May 10 at Ft. Devens, Mass.; softball, Aug. 2-Sept. 2 at Ft. Indiantown Gap, Pa.; bowling, May 26-30 at Ft. Campbell, Ky.; and track and field will be held March 22-April 14. The installation has not been determined. Tennis trial camps are scheduled for July 28-Aug. 14 at Ft. Eustis, Va., and golf trials are to be held Sept. 1-6 at Ft. Campbell, Ky.

Interservice Championships will be held for bowling, June 7-11 at Ft. Campbell, Ky.; tennis, Aug. 16-20 at Ft. Campbell, Ky. Interservice Championships will be held for volleyball but location and dates have not been determined.

Major commands nominate outstanding Army women athletes within their respective commands. Participants for Army trials will be selected based on these submissions. Nominations must be received at Headquarters, DA (DAAG-RE-S), Washington, D.C. 20314 no later than 15 days before the event starts.

Scheduled dates for Army Trials and Interservice Championships are tentative and subject to revision pending funding or energy restrictions. DA will keep local recreation offices informed of any trial camp changes.

Final standings—youth basketball leagues

Majors	Won	Lost
*Lakers	14	2
*Sonics	13	3
Knicks	9	6
Tigers	6	9
Warriors	3	12
Thumbs	1	14

Minors	Won	Lost
*Bruins	13	2
*Panthers	11	4
Celtics	9	7
Bombers	8	8
Bullets	3	12
Braves	2	13

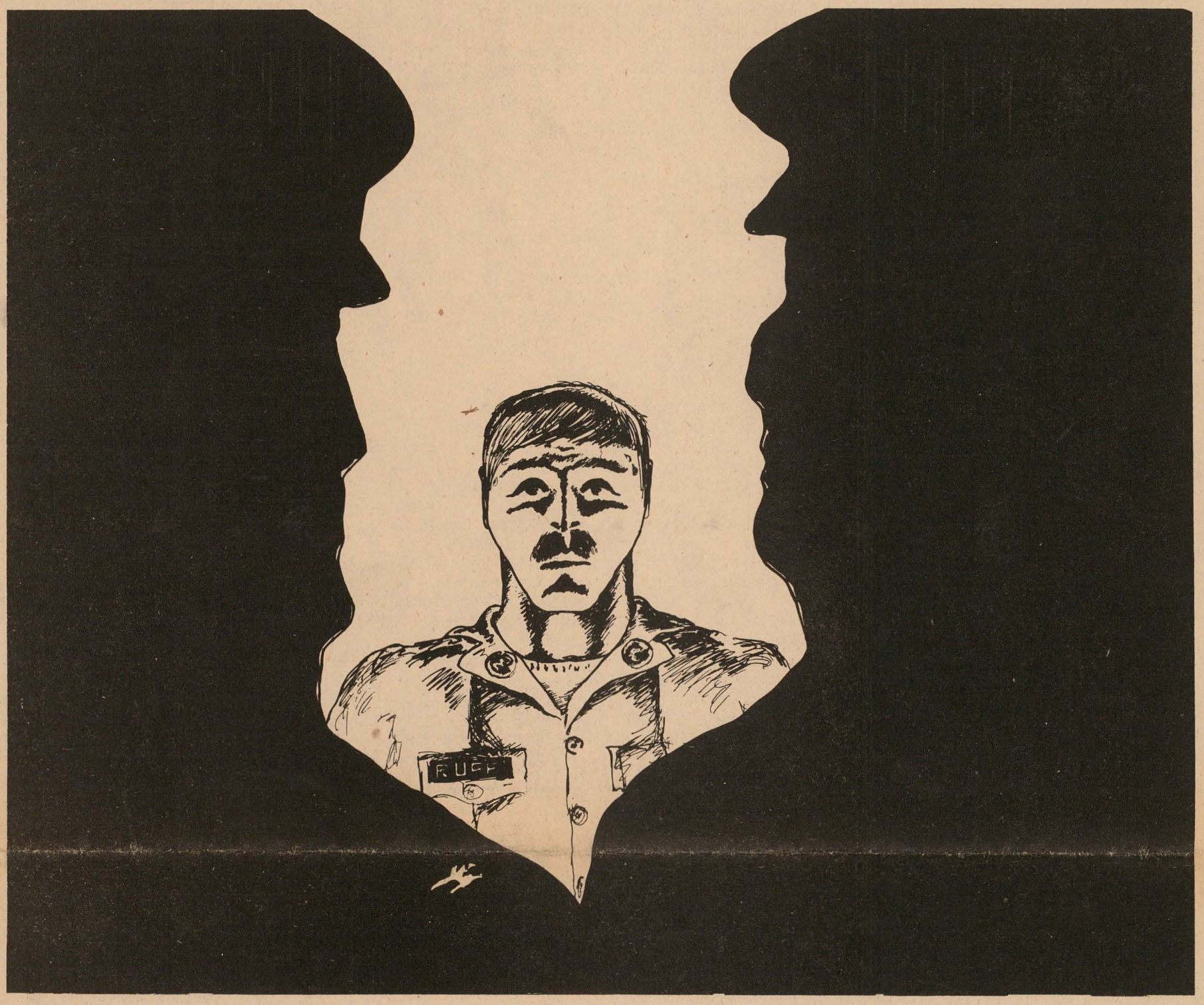
*A two out of three game series is presently being played to determine the champion and runner-up teams.

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Star Presidian

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Stripe insurance: prepare for your promotion boards

by Carol Nelson

You've done well on the job, put in your time and you have your CO's backing. If you're an E4 or E5, there's more to the story -- a promotion board.

Before you can sew on the new stripes, you'll have to appear in front of a panel of officers and senior NCO's who will take a look at your records and an even longer look at you. A little knowledge of what to expect can go a long way in controlling heart palpitations and sweaty palms. We talked with board presidents, as well as "befores" and "afters" (those still awaiting a board appearance and those who have already been through it) for a run down—

THE BOARD ITSELF

. . .Will normally be made up of about five people, more or less depending on the unit. The senior officer will act as president: his function will be to coordinate questions from the board members. As a prospective promotee, you will knock for admittance, walk in and come to attention immediately in front of the president, salute and report in. He'll return your salute and direct you to a chair.

From there on, it's all down hill. . .you'll usually have a few minutes to compose yourself by talking informally about yourself and your Army background. This will allow the board to look at your uniform and watch your bearing and how you express yourself.

THINK BEFORE YOU SPEAK

Of the total 250 points you can pick up from the board, 60 are involved in personal appearance, self confidence and conversational skill, so look sharp and put your words together thoughtfully.

Stick to the point, too - answer each question fully and to the best of your knowledge but don't wander off the subject or guess at something you don't know. The board would prefer to hear an honest "I don't know" than two minutes of fancy verbal footwork. While we're discussing your answers - it's a good idea to tack on the appropriate board member's rank as you reply to his question, such as "sir, sergeant," or "specialist," and be sure to look at the person when answering. Have confidence in yourself and in your answers.

QUESTION CATEGORIES

Each of the other board members will be delegated questions in general areas - notably world and national affairs and general military knowledge. To prepare for these questions, which may range from asking the name of the COSCOM or post commander to the proper method of treating wounds or safeguarding classified information, the following should be helpful to study:

NEWS

Local newspapers (headline items, including sports), TV and radio newscasts, news magazines, and publications like ARMY TIMES or SOLDIERS.

GENERAL

A review of "basic soldiering" subjects is in order and you will benefit from rereading TMs and FMs covering first aid, weapons, camouflage, map reading, leadership, chemical/biological/nuclear warfare, drill and ceremonies, and military customs and courtesies. Some units have put together a consolidated study guide covering these areas, plus sample questions, but if you aren't fortunate in having one, your first sergeant, platoon sergeant or training NCO should be able to get you all the training references you'll need.

Pulling off a successful board showing means preparation - you can't walk in cold and expect to impress anyone. As soon as you're notified, hit the books, start thinking about what's happening in the news. Today's soldier is supposed to fit into the overall scheme of things within the Army and the world.

The very fact that you're sent before a board is some proof of your job proficiency and the belief your supervisors have that you can handle the next rank. There will also be MOS-related questions to test your grasp of your MOS. Since being promoted brings a change in leadership relationships, you may be hit with "thought" questions to get you thinking about handling people situations.

A big chunk of points goes for an "overall consideration" of extra goodies lurking in your files - honors for class standings at service schools, selection as soldier of the month, letters of commendation and the like. On the flip side, if there are records in the folder on counseling sessions or Article 15s, these will be weighed against what you've accomplished since the put-down.

Your efforts at self-improvement will also be checked as evidence that your brain is still alive and learning from advanced training, leadership schools, correspondence courses, high school equivalency or college.

As one promotion board president sums it up, "Promotion boards serve the Army's interest and the individual's interest. If we promote an unqualified or unprepared person, we've done everyone a disservice."

from the Sentinel

Page 4

Youth B-Ball: trophies for tiny titans



Artwork on display

The four top entries in the 1976 Presidio Art Contest will be on display at the Creations Unlimited shop, Bldg. 911, open Tuesdays and Thursdays from 10 a.m. to 3 p.m.

Max Command tours pushed

Longer command tours are receiving DA emphasis to reduce personnel turbulence and cut PCS costs. DA will push 24 months as the normal field grade command tour length. For company grade commanders, the normal command tour length, which is now defined as a minimum of 12 months, will be changed on July 1, 1976 to a variable 12 to 24 month tour, depending on the incumbent's performance and personal considerations.

Experience indicates commanders often become less effective beyond a 24-month tour. Additionally, an increase in command tour lengths beyond 24 months would decrease command opportunity, reducing the number of command - experienced officers available for staff assignments or mobilization requirements. However, DA is considering keeping some commanders beyond 24 months in exceptional cases. (ANF)

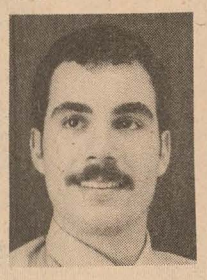
New operating hours for post crafts shop

Commencing February 24, the operating hours of the Post Crafts Shop, Bldg 122, will be extended. The new schedule is: 2-10 p.m., Tues, through Fri., and 9 a.m. to 5 p.m. on Sat. The shop will remain closed on Sunday and Monday. All activities (wood, photo, ceramics, leather, jewelry, lapidary and painting) will be in operation during scheduled hours. Also, continue to check the Star Presidian for new classes starting in March and April. Tel. 4497.

Sighting the oversight dept.

Last week we forgot to mention that C.D. Steen took all the fine photos for the issue. He also wrote the stories on Kewal Takhar and the women cadet tryouts. Our oversight can be blamed on the fact that we were so awed by the quality of C.D.'s work that our brains turned to mush.

Soldier of the Month



PFC William Sullivan of the 163d Military Police Detachment, 504th Military Police Battalion, has been selected as February's Soldier of the Month.

4,000 E5s face OMP screening

About 4,000 soldiers in grade E-5 completing 11 years active service by Mar. 1, 1976 will have their records reviewed by a DA board to determine if they will be allowed to reenlist. The E-5s records screening—under the qualitative management program—will be done by the E-7 promotion board, which meets in early March, after finishing its promotion selections. DA officials say results of the QMP review should be published by Jun. 30, 1976.

Until the QMP review is finished, E-5s completing 11 years by March 1 and whose ETS is before Sept. 30, 1976 will not be allowed to reenlist. Soldiers who receive overseas orders may extend, or reenlist if eligible, to meet the required tour length. Other soldiers may be extended, if eligible, to Jul. 31, 1977. In any case, extensions or reenlistments may not exceed the limit set out in the regs (chapter 4, AR 600-200).

Curb that cur, cur!

A dog obedience course will be held, starting Sunday, February 21, from 11 a.m. to noon on the Presidio parade grounds. There is a $5.00 registration fee and a 25¢ per lesson charge. The money will be donated to the Golden Gate Park Obedience Club, a non-profit organization. Pets must be at least six months old. For information, call Betty Herrick at Ext. 5091.

Ex-Medics Sought by VA

The Veterans ADministration (VA) is hiring former military medical specialists for health care jobs. More than 800 recently discharged men and women have been hired by VA in the last 18 months; most are working as medical technicians, registered nurses, licensed practical nurses and nurses assistants.

Some ex-military medics may be eligible for a Veterans Readjustment Appointment to civil service positions at grades up to GS-5 or equivalent without a regular civil service examination.

Soldiers interested in health care employment with VA should apply at the personnel office at the VA hospital of their choice.

IRS gives $30 break

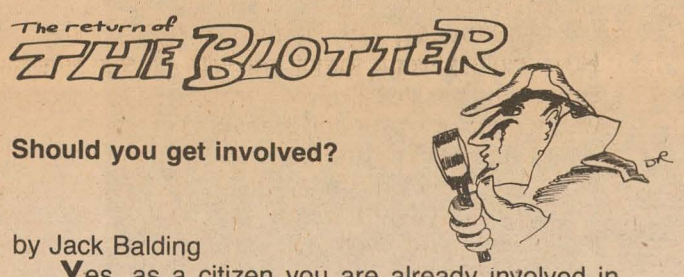
The Internal Revenue Service would like to remind tax filers they may claim an extra $30 credit for each personal exemption on their 1975 income tax returns.

The personal exemption credit is subtracted directly from the tax, and not from the adjusted gross income.

Prep school extends deadline for women

The United States Military Academy Preparatory School has extended its application date for admission of women soldiers into the current class at midyear. Applications will now be accepted until 26 February 1976. The admissions are being made to prepare women for the Military Academy corps of cadets that begins in July 1976.

All requests for further information or assistance should be referred to CPT Lewis Levy, Director of Admissions, USMAPS, Fort Monmouth, NJ, Autovon 992-1807/1808.



Should you get involved?

by Jack Balding

Yes, as a citizen you are already involved in crime prevention. Your tax dollars are already supporting your local police departments.

Crime prevention is an attempt to more effectively protect your family, your friends, your property and your neighbors. Crime prevention is an immediate benefit to you.

Get involved, report all unusual circumstances which might indicate criminal activity.

It is best that you identify yourself when you report a possible crime, but if you wish to remain anonymous, your call will be accepted. Do not be afraid to turn in a "False Alarm" as innocent activity will be regarded as such upon police investigation.

Innocent people, checked by the police as a result of your call may be grateful for your concern for their protection.

What to watch for

The circumstances described below may well indicate criminal activity. If you feel there is any possibility that such activity is taking place, call the military police.

1. A stranger entering your neighbor's house when it is unoccupied. (Burglary)
2. A scream heard anywhere. (Burglary, sex offenses)
3. Strangers or strange cars in the neighborhood, bus stops, or play grounds. (Burglary, sex offenses)
4. Broken or open windows or doors. (Burglary)
5. Salesmen attempting to force entrance into your home. (Robbery, sex offenses)
6. Offers of merchandise at ridiculously low prices (Stolen property)
7. Anyone loitering in a parked car. (Robbery, burglary, auto theft)
8. Anyone removing accessories, license plates, or gasoline from a car. (Auto theft, vehicle tampering, auto boosting)
9. Anyone in a store concealing merchandise on their person. (Shoplifting)
10. The sound of breaking glass or loud explosive noise. (Burglary)
11. Persons walking down the street peering into each parked car. (Auto theft, boosting)

What to do

If you see any unusual circumstances which may indicate criminal activity call 561-2251/2252/2253, military police. Be sure to report:

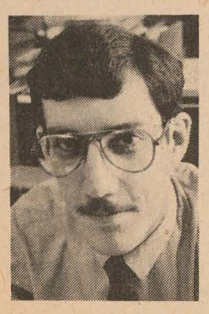
1. Address of person involved.
2. Number of persons involved.
3. Description of scene and suspects.
4. Concise details of all circumstances noted.
5. License number of any cars involved.



Are you ready for the annual PT test? How have you prepared yourself?



Sp4 Kevin Stretavski: "With our PT program, and my just staying physically active, I'm ready for it. I just hope I can do the required amount of bent-knee situps, my hardest exercise."



Sp5 Joe Shurtleff: "Programed PT three times a week should be all I need to pass the test. I'm ready.



PFC Heather Kuna: "The PT test shouldn't be any problem for me. Doing exercises on my own, plus the PT we have three times a week, I should do well on the test."



Sp5 Levoid Green: "I'm exempt from the PT test because I'm over the age limit. But that doesn't mean I'm not in shape or refrain from exercising. On the contrary. I weight the same as I did when I first entered the Army in 1952. A daily routine of calisthenics does the trick."



Sp5 Sergio Villafane: "Daily basketball games (full court), handball contests, using my body exerciser at home, and the unit PT program, has gotten me into pretty good shape. The test will be easy."



Sgt. Robert R. Rivera: "Of course, I'm ready for it. I watch what I eat and do quite a bit of exercising to keep me in shape."

Star Presidian

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Colonel Warren J. Lodge, commander
Major Michael J. Williams, public affairs officer
Sp4 David M. Ruff, editor
Sp4 Carol Cronin, reporter

Monkeys aid LASER tests

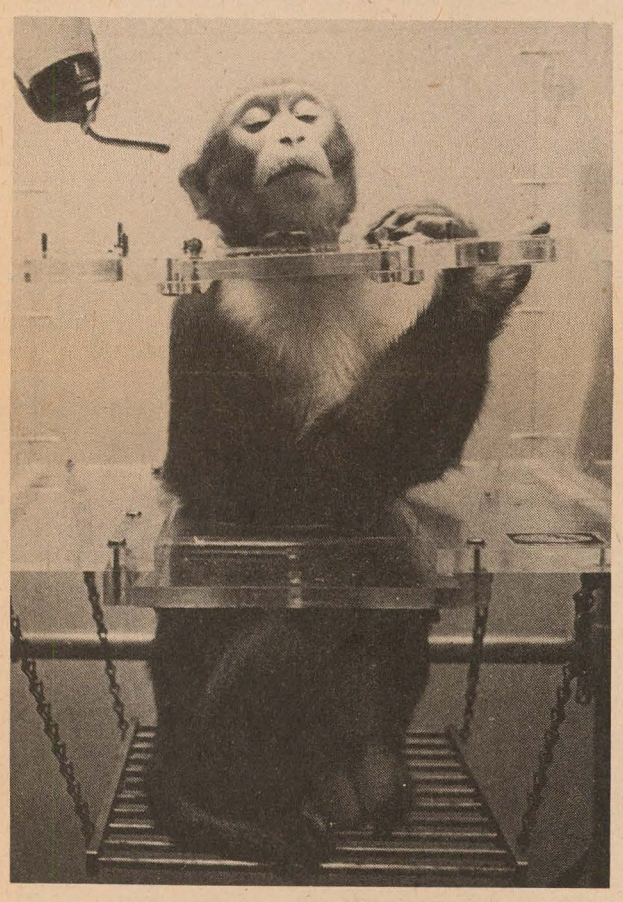
Photos and story by C.D. Steen

When it comes to profound research in the field of LASER beams, LAIR's Non-Ionizing Radiation Division doesn't monkey around. But monkeys play a vital part when it comes to researching the field.

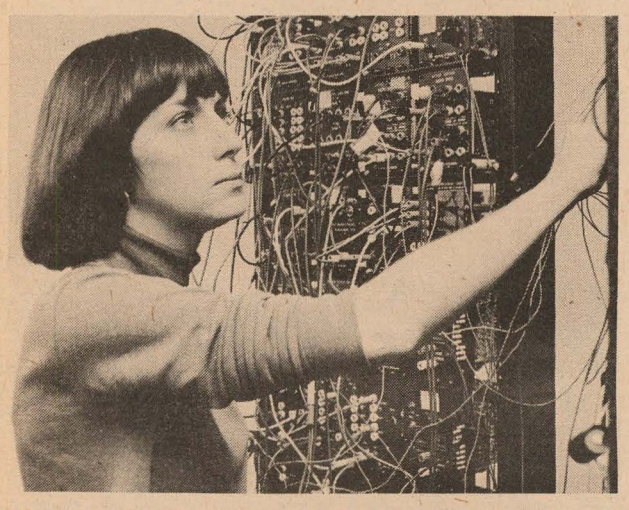
The LASER (which, when written out, stands for light amplification by stimulated emission of radiation), is helping the Army explore different levels of radiation, and where they begin to affect humans. The monkeys are trained to respond when they are exposed to LASER radiation. The animals are never in any danger of being harmed, as the levels are kept a thousand times below the presently accepted "safe" human levels by Army regulation.

What the experiments at the Radiation Division entail is determining the effects of LASER radiation on organic tissue to establish the "true" safe level of exposure. Research at LAIR is continuously resulting in a change in the "safe" level where sufficient evidence exists that these levels should be lowered.

The division is also directed, in part, by the increasing numbers or new LASERs involving different wave lengths which are being developed elsewhere in support of new military requirements.



"Myron," one of four rhesus monkeys used in LASER experiments **by the Non-Ionizing Radiation Division at LAIR, seems to be unconcerned by the LASER experiments. Myron is in a training module where they learn to respond when exposed to LASER beams. The devices that surround the monkey keep him stationary during the experiments. The restraining device doesn't injure the animal, nor do they seem uncomfortable in it while being tested.**

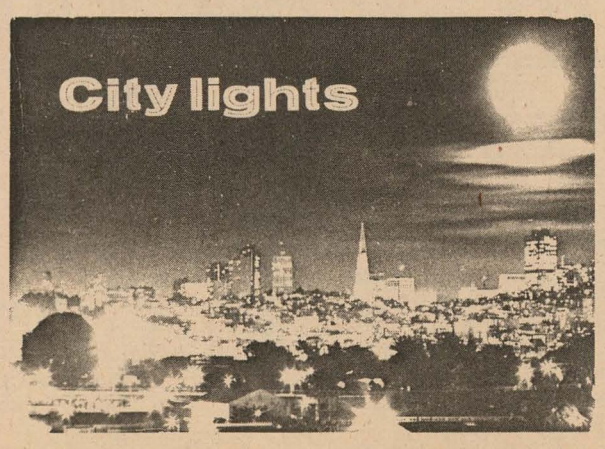


Maureen Shea, a psychology technician **and one of 15 on the radiation division staff, operates the logic system, a computer-like machine that records the results of the experiments. Ms. Shea also helps care for the monkeys involved in the LASER tests.**



Photo by C.D. Steen

This photo depicts a 1930s life-style. **But in reality, it was taken last Friday in front of the Post recycling center! The center, located near the main PX, was used to portray an old garage during the making of a commercial by a well-known tire company. The starring role was given to the old building because, after a few alterations, it resembled a thirties-style garage. The commercial's release is scheduled for March.**



Friday, 20th What do Stan Laurel, Charlie Chase, Edgar Kennedy, Charlie Chaplin and the Keystone Cops have in common? They're all part of the great silent short comedy review at Avenue Photoplay, 2650 San Bruno Ave., tonight at 8 p.m. The sound feature following these shorts is a rare Amos 'n Andy film, Check and Double Check (1930). Warren White presents the introductory organ concert at the Wurlitzer.

Saturday, 21st Tennessee Williams' The Glass Menagerie will be enacted by the Theatre Arts Department of San Francisco State University at the Little Theatre tonight at 8 p.m. Tickets are $2.00 and $2.50.

Sunday, 22nd Orchids, orchids everywhere, and you can buy them if you wish. The Hall of Flowers, Golden Gate Park, will house the San Francisco Orchid Society Show and Sale today from 10 a.m. to 4 p.m. Admission is $1.00 adults, 50¢ children and senior citizens.

Monday, 23rd An exhibition of Artists' Portraits and Self-Portraits from the Achenbach Foundation for Graphic Arts is on display at the California Palace of the Legion of Honor through April 25. The palace is open 10 a.m. to 5 p.m. daily.

Tuesday, 24th If you hurry you might still get tickets for the Royal Marines and Black Watch, the oldest British Highland regiment, at the Civic Auditorium tonight and tomorrow night at 8:30 p.m. Tickets to watch the Scottish dancers accompany the traditional pipes and drums are from $4.50 to $7.50 and may be reserved by calling the Fine Arts Box Office, 421-1000.

Wednesday, 25th Remember Marilyn Monroe? How could anyone forget her with all the publicity concerning her life? Explore the Marilyn Monroe Myth with a guest speaker and screening of Some Like It Hot at the Little Theatre, San Francisco State University, tonight at 7:30 p.m. Admission is $1.50.

Thursday, 26th Show and Tell at Morrison Planetarium is a behind the scenes look at how a planetarium works. If you've always wondered, you can find out at 2 p.m. daily, Saturdays and Sundays 12:30 & 3:30 p.m., and Wednesdays and Thursdays 8 p.m. through March 21. Admission is 50¢ for 17 and under, and $1.50 for 18 and over.

Health care masters program

The University of Northern Colorado/CSAP will offer a Master's degree in Business with specialization in Health Care Administration. Classes will convene at Oak Knoll Naval Hospital (NRMC) the first weekend in March. The primary objective of this program is to educate people to assume broad management responsibilities within the health care system, and to deal with the complex issues implicit in health care delivery.

Special provisions that are favorable to military personnel are that credit may be granted for work experience and military schools as well as liberal transfer course credits from other acceptable institutions. Course offerings are non-sequential and of an intensive seminar format.

Classes will be taught by the regular graduate faculty from the Center for Special and Advanced Programs, UNC. The program is available to civilian and military personnel. The only requirement for admission to the Master of Arts Program in Business is that the student have a baccalaureate degree. Each course is four quarter hours credit. Individual counseling is recommended for all prospective students.

Registration is being conducted at LAMC Education Center Tuesdays, 9 a.m. - 4 p.m., and at Oak Knoll Naval Hospital (NRMC) Bldg. 105 Monday, Wednesday and Friday from 9 a.m. to 3 p.m.

The classes will be held at Oak Knoll Naval Hospital the first and third weekends of each month. The first three scheduled classes include: March 5, 6, 7 and 26, 27, 28. For further information contact Betsey Ogle, UNC/CSAP Coordinator, Mondays, Wednesdays, and Fridays, NRMC Education and Training, Bldg. 105, Oakland, 94627, (415) 569-6555, or Tuesdays, LAMC Education Center, Bldg. 1007, Ext. 3692/4030.

Movies

Presidio

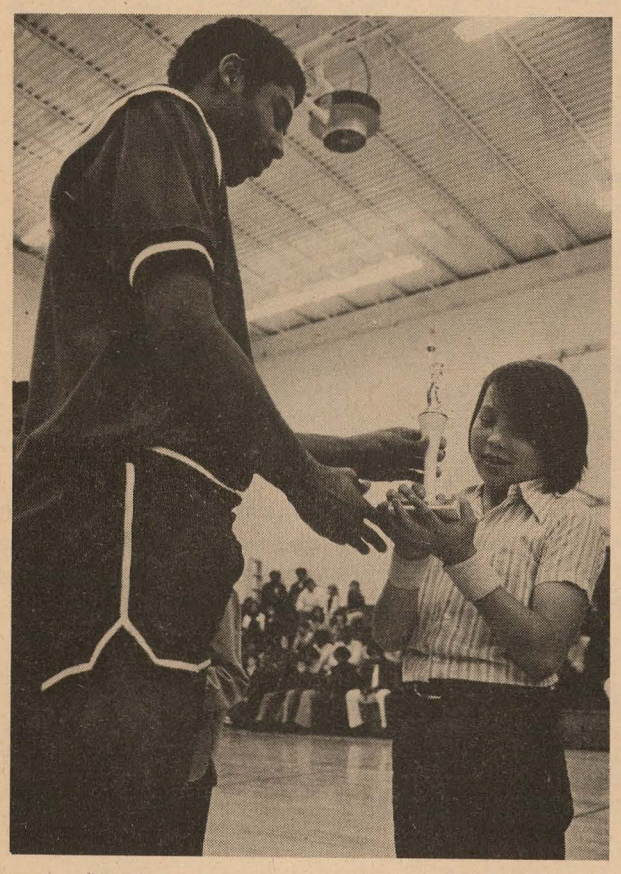
Friday, Feb. 20, Royal Flash (PG) 7 p.m., Adults 75¢, Children 35¢.
Saturday, Feb. 21, The Man With the Golden Gun (PG) 6 and 8:30 p.m., Adults 75¢, Children 35¢.
Sunday, Feb. 22, Rollerball (R) 6 and 8:30 p.m., Adults $1.00, Children 50¢.
Monday, Feb. 23, Rollerball, 7 p.m.
Tuesday, Feb. 24, The Devil's Rain (PG) 7 p.m., Adults 75¢, Children 35¢.
Wednesday, Feb. 25, Call Him Mr. Shatter (R) 7 p.m., Adults 75¢, Children 35¢.
Thursday, Feb. 26, Call Him Mr. Shatter 7 p.m.

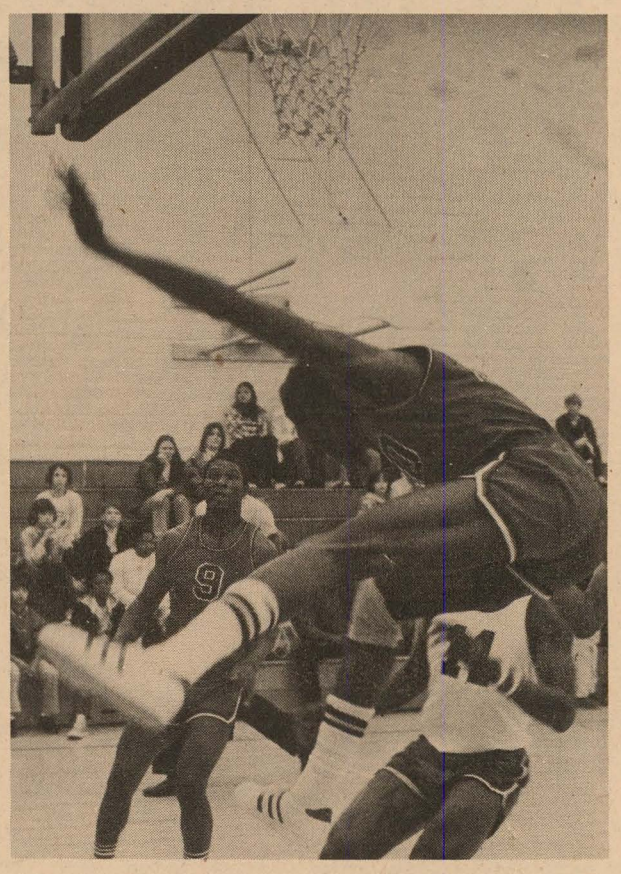
Schwartz/Letterman

Friday, Feb. 20, Breakout (PG) 7 p.m., Adults $1.00, Children 50¢.
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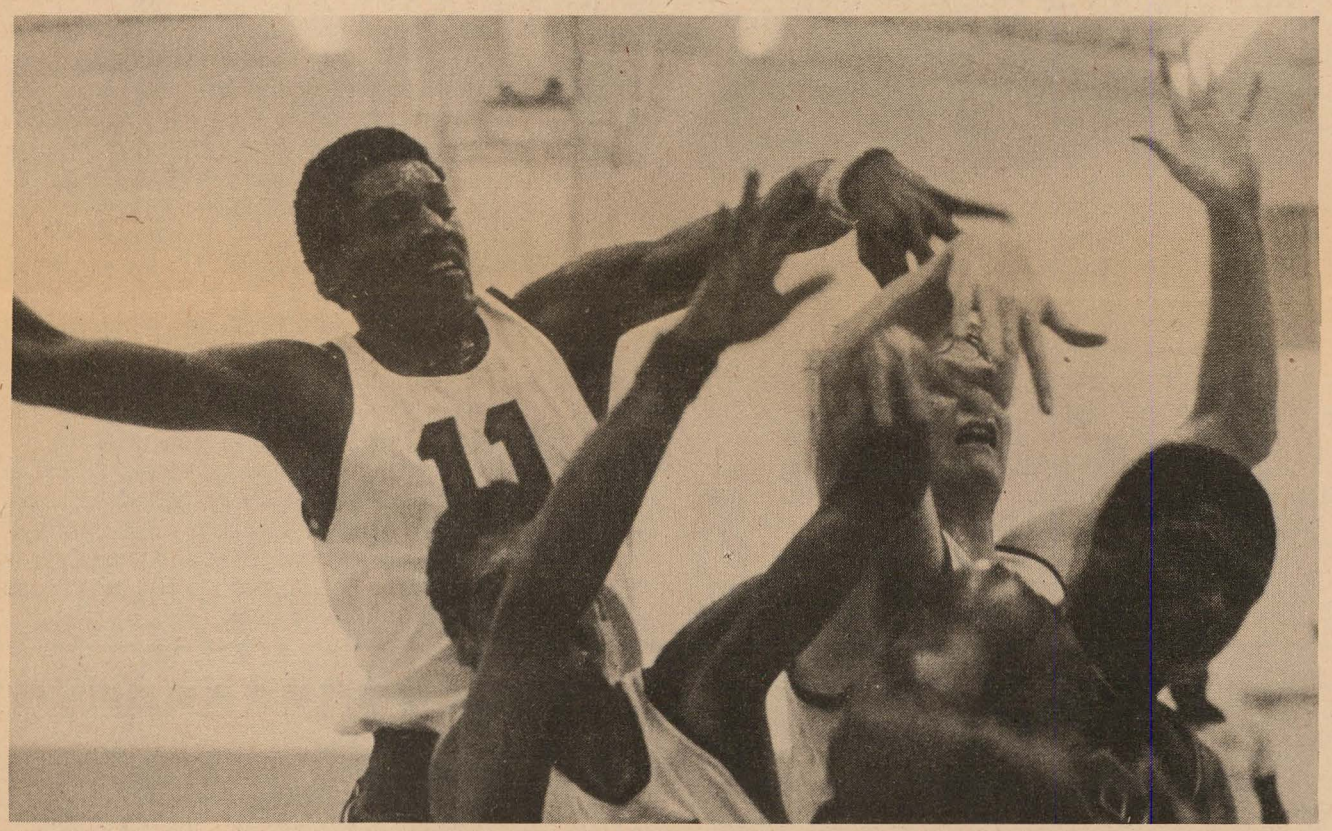


Army hoopsters meet tiny titans





Photos and story by C.D. Steen



***Hershel Lewis, a member of the All-Army Basketball Team,* and the selected outstanding player at the recent Supreme Headquarters Allied Powers, Europe (SHAPE) Basketball Tournament held in Brussels, presents an individual trophy to Patrick Barber of the Bruins, champions of the Youth Basketball League. The Tuesday night awards ceremony honored the minor and major league champions and runnerups with individual and special award trophies. Highlighting the evening, with an enthusiastic capacity crowd on hand, the All-Army Basketball Team played an exhibition game between the members of the team, and played a regulation game against the University of California (Medical).**

sport shorts



Registration for 1976 Presidio youth baseball

To be eligible for play in the spring and summer Youth Baseball Program, it is imperative that all boys and girls who are dependents of active duty and retired military personnel register. Registration dates are: For 8, 9, 10 year olds, 8:30 a.m.-3:30 p.m., Sat., March 6, at Pop Hicks Field; for 11 and 12 year olds, 9 a.m.-2:30 p.m., Sat., March 13 at Pop Hicks Field; for 13 thru 15 year olds, 9 a.m.-1:30 p.m., Sat., March 20 at Paul Goode Field. Parents (mother or father) must be present when youths register. Call the Youth Activities Director, ext. 2002/5141 for further information.

Post tennis tournament

The 1976 Post Tennis Tournament will start around the first of March. Detailed information, eligibility and method of entering are contained in Sports SOP distributed previously.

U.S. Lawn Tennis Rules for 1976 will govern play, as modified by Sports Branch.

The type of tournament will be determined by the Sports Branch based upon the number of entries.

Divisions will be as follows: OPEN, Under 35 years of age; JR.-VETS, 35-39 Years old; VETS, 40 years and older.

Racquets may be checked out from Supply, Bldg. 1226, Fort Scott Gym. Balls will be furnished by the Sports Branch for all tournament matches.

Active duty individuals, assigned to the Presidio and desiring to enter should call Sports Branch, Ex. 4120/5032, not later than February 20.

Diving outing

Certified divers are invited to attend a meeting on February 25 to plan for a family outing/diving trip for February 27, 28 and 29. The meeting will be held in Bldg. 69 at 7 p.m. Two films will be shown. For information call Pete Shallish, ex. 5480, 1 - 5 p.m., M-F.

Theatre tryouts

Television may be filled with violence, but it is mild compared to some of the more popular melodramas of the 19th Century. The Presidio Players are going to recreate a classic of the period, "Sweeney Todd the Barber," or "The Fiend of San Francisco." The melodrama presents colossal villains, cleancut heroes, luscious heroines and, to put it mildly, buckets of blood. Audiences will have the opportunity to savagely boo and hiss dastardly acts of villainy and to spontaneously cheer and marvel at displays of extraordinary heroism.

Tryouts will be held on Monday and Tuesday, March 1 and 2 at 7 p.m. at the Presidio Playhouse, located across the street from the Post Movie Theatre. In addition to acting parts, singers, dancers, musicians and specialty performers are also needed to round out the extravaganza. Tryouts are open to anyone interested, however, active duty military personnel participating will be screened for possible selection for appearance in June in the Army-wide Festival of the Performing Arts, to be held at the Kennedy Center for the Performing Arts in Washington, D.C. Military personnel participating in the Music and Theatre Program's "Festival" can appear in any form of the performing arts, ranging from instrumental soloists and groups, dancers, singers and specialty performers to dramatic readings.

These performers will be incorporated into the "olio" or variety part of the production of "Sweeney Todd," and screened by a panel of judges who will travel to installations nationwide. For further information call 3992 or 5897 from 1 - 5 p.m. daily.

Boiling a frog

Believe it or not, there's a parallel between boiling a frog and complacency in accident prevention.

If you put a frog in a pan of hot water he'll leap out instantly and make himself scarce if he's smart.

If you really want to boil the frog you have to use a much more strategic approach. You sort of sneak up on him. First, you put him in lukewarm water. He likes it so he's likely to relax and doze off.

Now increase the heat very, very slowly. If he should wake up the water will be warm but still relaxing. He'll probably yawn and go back to sleep. Just keep increasing the heat very gradually until the water is hot and the frog is boiled.

In much the same way many people are boiled into accidents. Slowly, degree by degree, they allow impatience, carelessness and lack of attention to bring them to the point of mishap.

The "boiling" process may take many years, but the heat is on when bad habits are substituted for safe habits. When a routine operation becomes a risky operation, trouble is inevitable. However, you don't have to "boil" and there are countermeasures you can take.

Take a clear look at yourself and how you're going to do things. It's the best way to stay out of hot water. (AFPS)

Talented garbage

Friday the 13th, started out by living up to its reputation of bringing bad luck, at least for two Bay City Refuse Service Inc. employees. Smoldering garbage started a fire in the trash compactor of their truck after they had finished their garbage collection rounds on the Presidio.

Two Presidio fire engines and one sedan set out at 9:19 a.m. to extinguish the fire, but it took a few minutes before the smoking garbage truck and a fire engine found each other on Lincoln Blvd. at Funston Avenue.

In order to reach the seat of the fire, the compressed garbage was dumped onto the street while 1500 to 2000 gallons of water were pumped onto the foul smelling pile. The fire department called in Roads and Pavement, who then helped scoop the garbage back into the truck.

A spokesman from the Presidio Fire Department said that someone had probably left something burning in part of the garbage that was picked up.



photo by C.D. Steen

U. S. Government Printing Office, 1975 Jacket No. 690-081, Print Order No 26

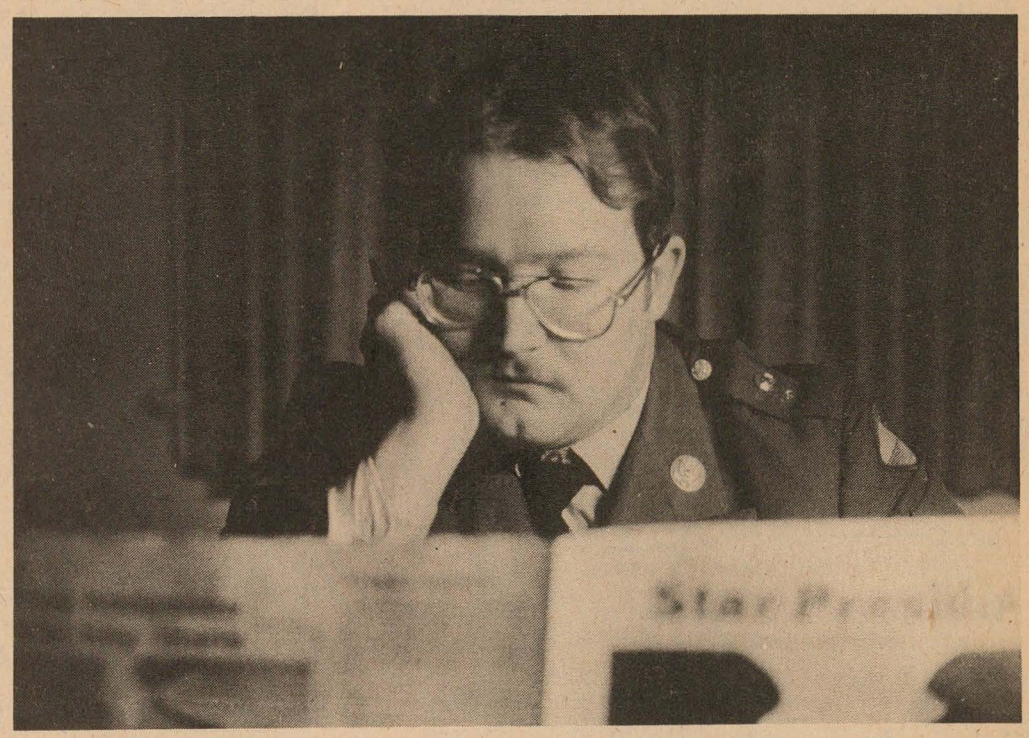
Star Presidian

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Presidio Main Post Library
PRESIDIO OF SAN FRANCISCO, CA 94129

Duty...

A fistful of details



By Carol Cronin

Is the duty roster out to get you? It may seem that way sometimes.

The duties for each unit, and the people within that unit, depend on a lot of necessary things, but there are also discrepancies in duties between units, sexes, and people that may not be necessary. Those in charge of making out duty rosters constantly hear valid and invalid excuses, and then alter the original roster.

First Sergeant S. J. McDaniel of D Company, 864th Engineer Battalion says, "One of my biggest problems in preparing the roster is that so many of the young fellows go to the hospital and get profiles which exempt them from guard duty, usually after the roster has been posted."

The result is fewer men to rotate for duty, and less advance notice. Because of constant changes, 1st Sgt. McDaniel gets the weekly guard and sentinel roster displayed only one day in advance; whereas the roster for Charge of Quarters (CQ) and CQ runner is posted one week in advance, and covers two weeks.

Platoon Sergeant Julius C. Colbert, of Headquarters Company U. S. Army Garrison, said that leaves and changes to meet individual requests were the major complications in establishing the duty roster.

He doesn't schedule anyone for duty until they have actually signed in from leave, rather than depending on their scheduled return. In this way, the roster isn't disturbed if someone has to extend their leave. However, this leaves fewer people to draw from in assigning duties. He posts the guard duty roster from one to four days in advance, and the CQ roster two days to one week in advance.

"To be eligible to pull duty, an individual must work on the Presidio proper," added P. Sgt. Colbert. Soldiers who work on the Presidio's sub-installations, such as Oakland Army Base, Rio Vista Army Reserve Training Facility, and Camp Parks are too far away to pull duty, so this cuts down on the people available for this duty.

Both 1st Sgt. McDaniel and P. Sgt. Colbert mentioned the problem with morale because only the 864th Engineers and Garrison Company pull guard duty. Post Sergeant Major Jack Willard said that the 504th Military Police Battalion will soon begin helping with guard duty one week per month. This is due largely to the recommendation of a study done by the Inspector General's office.

The question of women pulling guard duty has come up, but Willard sees no prospects of this happening in the near future.

"A lot of women will be getting out of the Army before it becomes necessary to qualify with the M16, so there are still many women who aren't qualified," he said. "The magazine is also considered too remote. There are tentative plans to move it but it would be very costly," Sgt. Maj. Willard added.

A transition period may be necessary, but Sgt. Maj. Willard feels, "If women are to take their equal place in the Army, they must pull duties equal to a man, to include combat arms. Presently as more women enter the service, more details are being concentrated among fewer men."

One barrier to women pulling certain dress details is what they would wear. Captain Joyce Pennington has been working with Sgt. Maj. Willard on a tentative uniform. It would include helmet, Army greens, weapon, low quarters, and white pistol belt.

Capt. Pennington sees no reason why women shouldn't share equal duties. She says, "They are benefiting from the advantages, so why not share the responsibilities?"

Although guard duty for women may be beyond the horizon, duty on flag detail, in ceremonies, and as usherettes is being considered. Several units already have women on funeral detail.

Units assigned to the Presidio also complain that some of the tenant units, such as Letterman Army Medical Center (LAMC), and Letterman Army Institute of Research (LAIR), don't pull a fair share of the details.

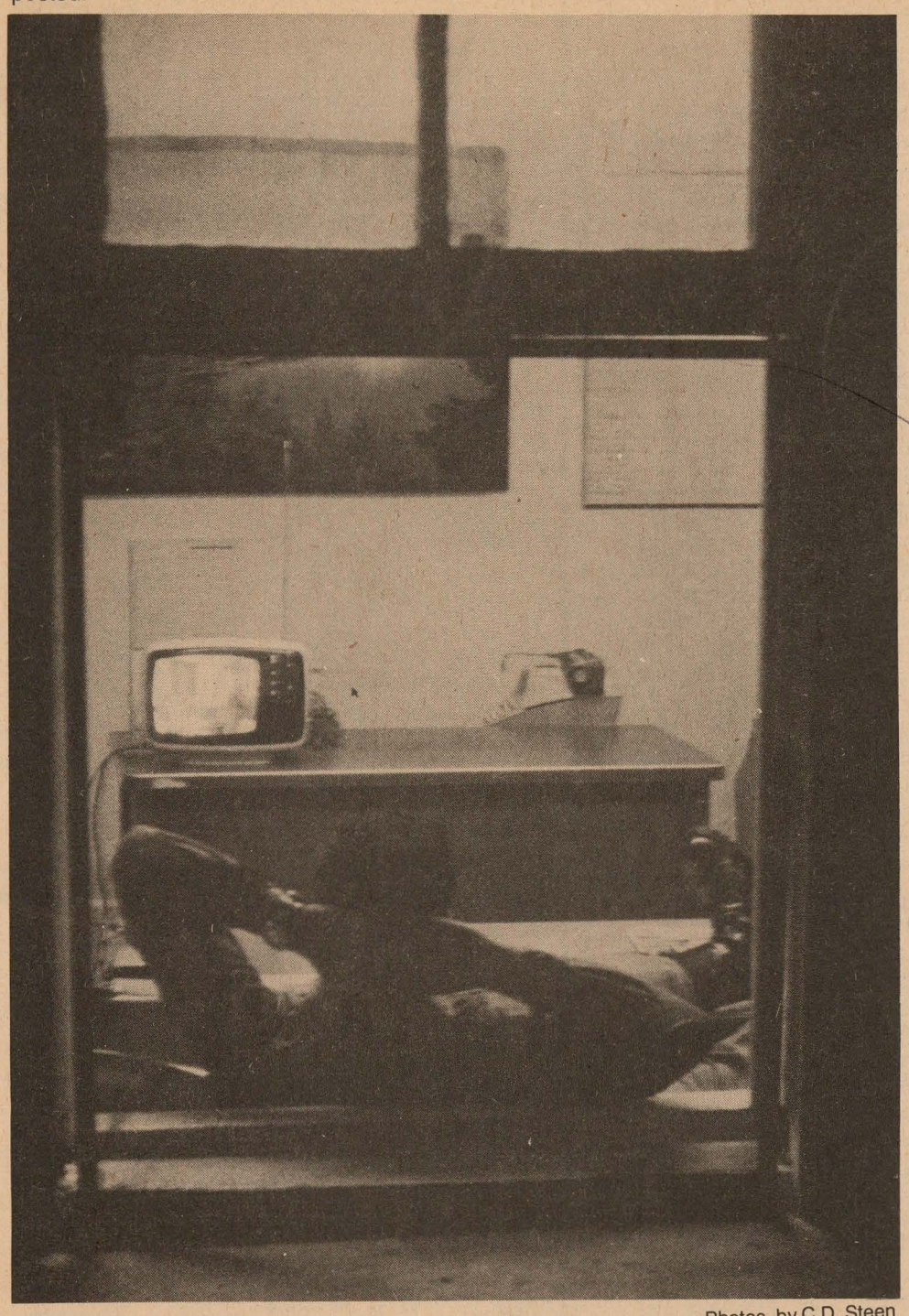
"These are some of the inherent problems of a Garrison unit," said Sgt. Maj. Willard. "The distinction between duties goes back largely to the missions of each unit."

The missions of LAIR and LAMC, respectively, are to provide research and medical care for the soldier. The assigned units, especially Garrison, have the mission of providing support for the assigned, attached and tenant units.

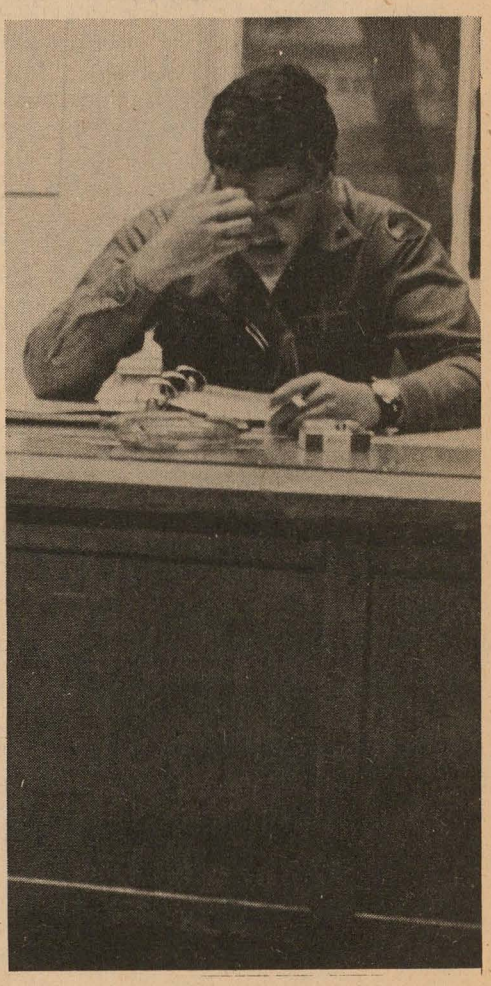
The missions of LAMC and LAIR are not related to upkeep of the post. However, they do assist in the community details such as policing, including weekend policing.

There have also been complaints that Headquarters Sixth U. S. Army requires a lot of retirement ceremonies for members of its unit, but doesn't provide people to march in the parade. Sixth Army is dispersed over a large area, and those on the Presidio are mainly NCO's and officers, so they couldn't furnish a platoon sized unit.

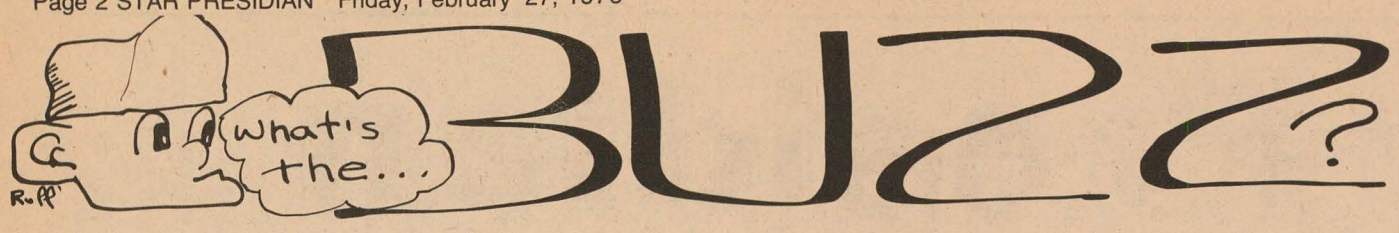
Making out a duty roster often depends on more factors than even the person preparing the roster can keep track of, or has control over. Exemptions from duty because of work responsibilities, sex, rank, temporary profiles, and unit missions make equal distribution of duties difficult. Understanding the problems clears up some of the complaints, but there are still some units and categories that could be tapped to help distribute the duties more evenly. In the meantime, don't forget to read the duty roster.



Photos by C.D. Steen



duty duty duty duty duty





Alcohol seminar

The drug most often used by teenagers today comes in cans and bottles and is spelled, alcohol. If you would like to know more about alcoholism and how it affects you and your community, you are invited to attend *A Seminar for Wives* (and other concerned persons), to be held March 2 at Torney Hall, LAMC, 8 to 9:30 p.m. The event will have several guest speakers and is sponsored by the Presidio Alcohol and Drug Abuse Program.



The living slide rule

Biomathematics II, a course on mathematical modeling in biology, will commence Monday, March 1. The course is taught by Dr. Voijtech Licko, Ph.D. Classes will be held Mondays and Wednesdays, 8 to 9 a.m. in the Letterman Army Institute of Research classroom (3rd floor, Letterman Army Institute of Research), and will run approximately 12 weeks. The course is open to all who are interested. It is suggested that prospective participants have a background in differential calculus, or equivalent to Biomathematics I (given at the Letterman Army Institute of Research in the fall of 1975).

Luncheon marches on

The Presidio Women's Club will hold it's March luncheon on Thursday, March 4 at the Presidio Officers' Club. Sherry hour will begin at 11 a.m. with lunch at 12 noon. The speaker this month will be Merla Zellerbach who is a featured columnist for the *San Francisco Chronicle.* Her lecture will be *The Search for Identity* (personal reflections of finding one's self). Reservations can be made by calling Joyce King, 561-2773; Doris Dixon, 562-1356; Karen Judd, 561-2459; or Marie Potter, 472-7677.



Notes from the high-roller enclave:

If you've ever been stuck at the finance office for hours only to be confronted by a sour bureaucratic face at the end of a long line, you'll appreciate how nice it is when someone with a smile and a personal touch gives you your pay voucher.

Verna L. Howard is a Presidio finance clerk. She handles the pay problems of the Sacramento District Recruiting Command among others. They were impressed enough by her efforts that Wednesday they gave her a Certificate of Appreciation for her outstanding support.

I report this little development not because of its earth-shaking impact, but because I wish to cheer the efforts of anyone who tries to make the brambly path of bureaucracy a little less bouncy, and also because Finance people work hard, and my payday is coming up.

The editor

Do you qualify for a two-year scholarship?

Interested in a Two-year ROTC Scholarship for Active Duty Enlisted Personnel? The deadline is April 15, 1976.

To be qualified the individual must be a citizen of the United States, be on active duty and have served at least one year by service separation date to accept scholarship, be under 25 years of age on June 30 of year he or she is eligible for commissioning, have received credit for at least two, but not more than 2½ years of college, have been accepted for next fall's entrance by a college which offers Army ROTC, have a GT score of 115 or higher.

Mailing cards for additional information may be obtained at the Letterman Army Education Center, Bldg. 1007.

Introduction to counseling PSY 450

Chapman College is offering PSY 450, Introduction to Counseling, at the LAMC Education Center on Mondays and Wednesdays from 5:30 to 8 p.m. This course will last from March 8 through April 30. The completed DA 2171, tuition assistance request, must be returned by March 2. For further information call 3693 or 4030 or visit the Education Center, Bldg. 1007.



Tai Chi Chuan class

The Central YMCA is putting on a Tai Chi Chuan class starting Wednesday, March 3 at 6 p.m. The teacher, Mr. Jong, is from China, where he taught martial arts for 10 years. He is licensed to operate a martial arts school and as an instructor by the Tai Chi Chuan Association. His style will combine the Yang and Taoism methods. This is an eight-week course.

Scholarship award opportunity

A $1,000 scholarship is being offered to 1976 graduating high school seniors by the Presidio Women's Club this spring. To be eligible applicants must:

(1) be a dependent of an active duty military sponsor who is assigned or attached to the Presidio of San Francisco or to any tenant organizations located on the Presidio or its subposts—Forts Baker, Barry, Cronkhite and Scott, or

(2) be the dependent of a Presidio Women's Club member (membership effective before February 27, 1976), and

(3) have maintained at least a B average in high school.

Application blanks will be available beginning March 2 in the Main Post Library, in the Special Services Library on the first floor of Letterman Hospital and at the Fort Baker Library. Completed applications and a copy of the applicant's high school transcript (which the student must request the school to send directly to the Club's post office address) must be received by April 20, 1976. Mail applications and requests for further information to: Scholarship, Presidio Women's Club, P. O. Box 9063, Presidio of San Francisco, CA 94129.

The winner will be notified by April 30 and will be a guest at the Presidio Women's Club luncheon on May 6, 1976.

An oily tour

The Presidio Recreation Center is planning a tour to the Standard Oil Company of California exhibit, "A World of Oil," in San Francisco. Anyone interested in joining in on this tour must register at the Recreation Center, Bldg. 135, by calling ext. 2000 or by stopping in. The deadline for registration is March 5. The tour is scheduled to be on March 26.



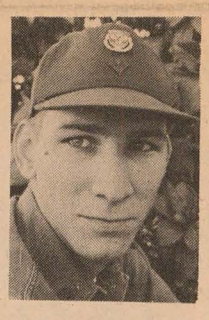
What do you think are the responsibilities of your unit commander?



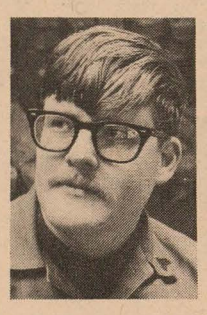
Sp5 H. Turner, USAG: "His main concerns are the welfare of his troops and keeping the unit mission up to par."



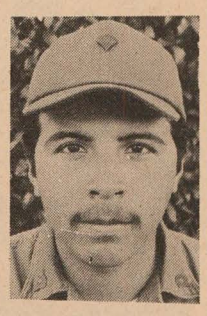
Sp4 Henry Eltis, 16th BPO: "Besides being the unit's leader, he's a counselor for the men, a personnel officer, a reenlistment coordinator, and a personal and unit problem solver."



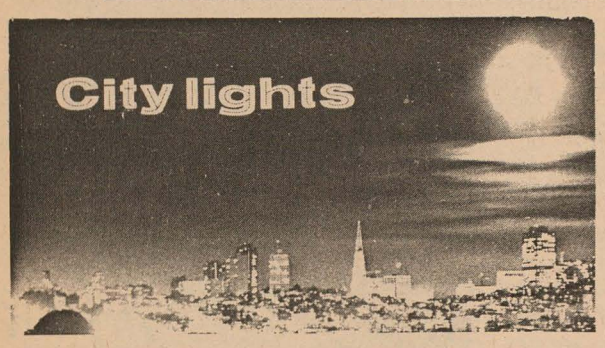
Sp4 Tim Morrott, Co. D, 864th Engineers: "Mainly, I think he's in the administrative business for the company. The first sergeant takes care of the work schedules and has the most personal contact with the men. It seems that at every unit I've been assigned to, its 'top' that handles the show with the CO handling the paperwork."



Sgt. Rick VodeBonCoeur, 170th MP Company: "He's responsible for everything that goes on in his company. That includes the accomplishment of unit mission, and the welfare of the company personnel."



Sp4 Ed Cerda, 402nd MP Company: "The CO takes care of his men and makes sure they uphold a proper military manner. He's the key representative for the unit."



Friday, 27th See an early silent sizzler, and Katharine Hepburn at her youthful best tonight at Avenue Photoplay, 2650 San Bruno Avenue. "Flesh and the Devil" is the first MGM silent film teaming Greta Garbo and John Gilbert. It will be followed by "Morning Glory" with Douglas Fairbanks, Jr., Adolphe Menjou, and Katharine Hepburn in her first Academy Award winning role. An organ concert will begin at 8 p.m., half an hour before the films.

Sunday, 29th Great Britain gets in on the Bicentennial today with a parade around Nob Hill of members and flag parties from Anglo-American societies, detachments from the U.S. Armed Forces, the Royal Navy, and the Royal British Legion. The parade will start at 3:15 p.m., ending with a Great Service at Grace Cathedral at 3:30 p.m. attended by representatives of Federal, State and City Governments in addition to the participants in the parade. Dr. Gerald Ellison, Bishop of London, will fly here especially to preach at the service.

Monday, 1st One of Italian director Antonioni's best films, "Red Desert" will be shown at 7:30 p.m. at the Little Theatre, San Francisco State University. Admission is $1.50 to the film and the guest speaker who will discuss it.

Star Presidian

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Colonel Warren J. Lodge, commander
Major Michael J. Williams, public affairs officer
Sp4 David M. Ruff, editor
Sp4 Carol Cronin, reporter

Unit CO's give their side

What does the 'Old Man' think?

Story and photos by C. D. Steen

How well do you know your company commander?

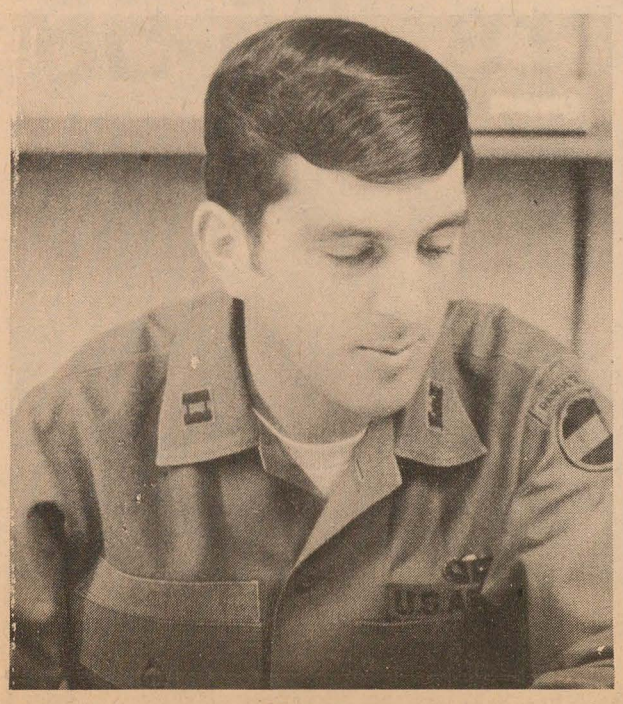
Are you familiar with his responsibilities and problems.

Do you think of him as just an apathetic kingpin, concerned only with himself and not the people who make up his company? More important, how do company commanders view their own jobs?

The STAR PRESIDIAN interviewed some company-grade officers on the Presidio and got some of their views on what their job entails.

Interviewed were Captains Mark T. Benezra, Headquarters, U.S. Army Garrison; Robert J. Root, 16th Base Post Office (BPO); John D. Gates, Company D, 864th Engineers; and Richard W. Wise, 170th Military Police Company.

Sirs, do you think your people are familiar with what you do as commander of your unit?

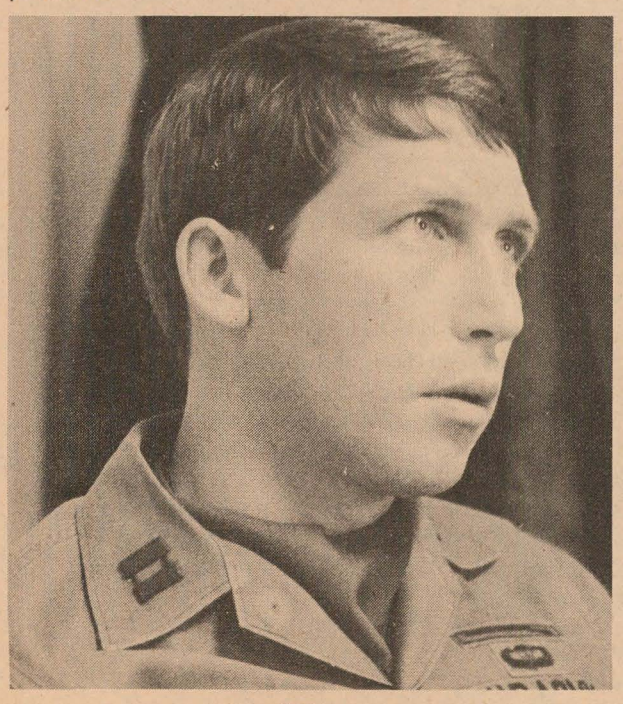


Gates

Capt. Benezra: "I'd have to say no. They might be familiar with some activities I perform, such as conducting inspections of the troops or the dining facility, but that is really a small part. I'm primarily concerned with carrying out command and training functions, and the administrative support for all the people assigned to this company.

"A great part of my job is behind the scenes, shuffling through paperwork, approving and disapproving administrative actions, and rendering disciplinary action when a case arises. Sometimes I think I spend too much time devoting myself to these activities. I'd like to spend more time out of the office and meeting people where they work so I can get to know them better."

Capt. Wise: "Good question! I'd have to say the majority do not know what I do. The people most familiar are those who work directly under me. The others, who make up the bulk of the 170th, are not in direct contact and probably don't know too much of what I do. But I don't think that it matters that they know what I do. I just make sure I am familiar with what they do. What most of my people never see is the mounds of paperwork, the constant meetings, and dealing with personal and unit problems."



Wise

Capt. Gates: "My men see me as management, handling the administrative side of engineering. Unfortunately, most don't come in direct contact with me unless they have done something wrong and they are called to my attention."

Capt. Root: "My job can sometimes be complicated enough so that even I don't know all of its ramifications. My men, then, don't know exactly what I do either. I have the responsibilities of postal requirements for this installation as well as the Ft. Baker P.O. I deal with customer relations and public funds. I'm the post office liaison and responsible for all the post mail. I have my NCOs to help me in some postal requirements, but a lot I am fully responsible for. Besides my postal responsibilities, there are many administrative and personal problems to deal with. Along with that comes the different mandatory meetings and briefings. There is always a lot to do."

(Editor's note: All commanders stressed that their direct function is the unit mission in general and it's accomplishments.)

What do you hope to, personally, accomplish as commander?

Capt. Benezra: "My aims aren't completely at work performance. I have little contact with the people on a work-performance basis. Their immediate supervisors see to it they do their job at expected levels. My goals are for morale, appearance, and discipline. I would like to see a high esprit de corps amony my people. With it should come a higher morale and better performance.

Capt. Wise: "I want to get across to my soldiers the importance of the Army. In the past the Army had somewhat of a bad reputation. In my eyes, the Army has improved. I want the individual soldier in my unit to see that improvement, and I make it my objective to improve the image of the Army so the soldier will see how it can benefit him. It's an organization full of good people, and it's an organization that cares about them."

Capt. Gates: "I'd like to see my engineers working as engineers, employed with mostly engineering mission activities. I would like for them to pull less administrative support such as funeral details and parades."

Capt. Root: "I feel it is my duty to take care of my troops. This means taking care of their personal problems such as pay errors, marital problems, or wherever a personal crisis could deter work. This scope covers a large area. I aim to cover it all."

Do you think you have a rapport with your people?

Capt. Benezra: "My rapport with the men and women is just developing. I want my people to know they can come to me when they have a concerning matter and I will do my best to help them. A few already have. I don't want the soldiers to have a hesitantcy in coming to see me. I'll deal with them straight from the shoulder."

Capt. Wise: "I've only commanded the 170th for six weeks and I don't know all of my people yet. There is a training mission coming up and I'll do my best to get to know as many as I can and establish a rapport with them then."

Capt. Gates: "I believe I do. I hold an E4 and below meeting once a month where my low-ranking engineers can get to know me and at the same time I get to know them. At the meetings I'm able to deal with group and individual problems. More often, I hold NCO and officer meetings for similar and more complex reasons. When in the field I meet many of my people and never hesitate to rap with them about anything they want."

Capt. Root: "I have a very favorable rapport with my people. They can walk in my office any time before and after work to discuss a deep-rooted problem. I do stress the use of a chain of command. Most problems can be solved there. But my door is always open when a severe problem warrants seeing me personally."

What do you expect from your people?

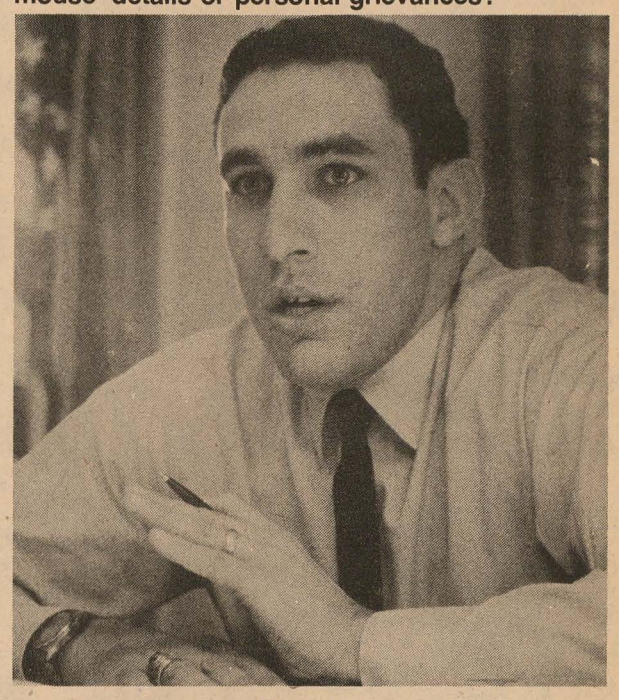
Capt. Benezra: "I expect them to perform as well as they can."

Capt. Wise: "No more than I am willing to give myself. I believe it's imperative that each person displays his best appearance and conduct himself, on and off duty, so that he is beyond reproach. I expect 100% effort in his job."

Capt. Gates: "I'd like them to perform to their full potential, or what that person thinks he or she is capable of."

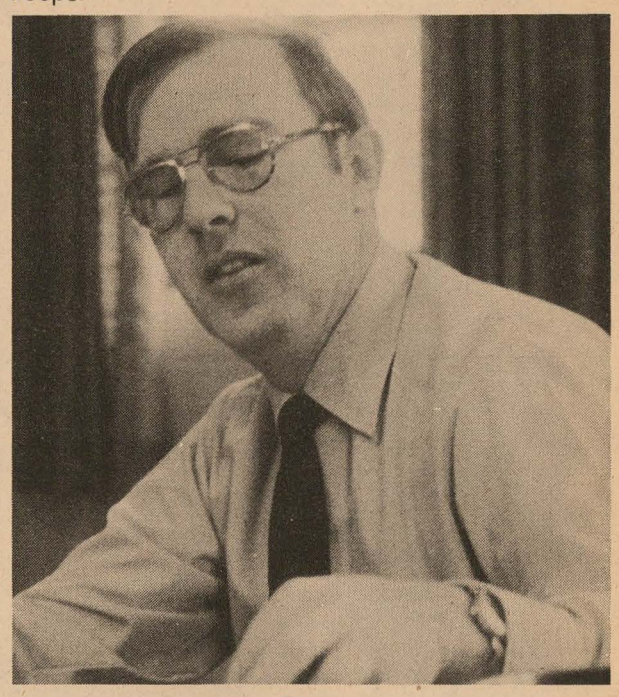
Capt. Root: "Nothing but their best. I wish for them to reflect favorably on themselves and their unit."

Do you concern yourself with your soldier's gripes such as discontent with certain 'mickey mouse' details or personal grievances?



Benezra

Capt. Benezra: "I'm well aware that we pull details that other units are exempt from. But I also know there are reasons for our pulling them. There are reviews made that make sure they are still valid. I'm concerned with making sure that details are distributed fairly. I periodically check to make sure that a person doesn't show up on a detail or duty roster any more than he or she should. I'm concerned with comp time that seems lacking in the duty sections. I believe when a person has comp time coming he should be able to get it. I have spoken with duty section NCOs and officers and have encouraged them to participate in letting people off when they have performed a legitimate military function that takes away some of the perons's free time. I believe allowing comp time bolsters the morale of the troops."



Root

Capt. Wise: "I make myself available to my people and listen to their gripes and will do everything in my power to try and rectify any legitimate gripe. But the Army is an institution of tradition. There are many rules and regulations that some might call 'mickey mouse' but that is part of the Army's way. Presently, nothing can be done about it."

Capt. Gates: "The E4 and below meetings bring gripes into the open and I can deal with them. If it is a problem that can be handled by the normal chain of command, then I'll let immediate supervisors handle it. If I need to be called in, I'll be there to listen and help if I can. If I can't, then I'll find a source who can."

Capt. Root: "I'm extremely aware of it. I'm constantly fighting for my troops in trying to cut back some of these details as much as possible. I concern myself with improvement of the living and working conditions that my people have. My unit has just repainted their own building to make it a better place to live."

Sports spurts

Needed! Five Volleyball teams. With 11 teams registered to begin an intramural league, five more are needed to get the V-ball season flying. Contact the Post Gym if your unit is willing to form a team. A Volleyball Clinic will be held March 10, 1:30 p.m., at the gym for all coaches and players.

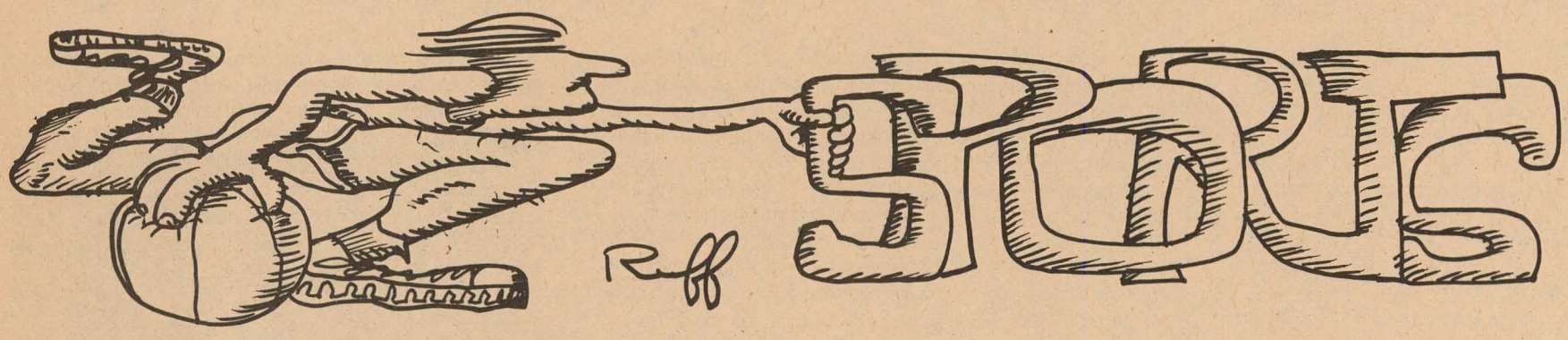
The Presidio golf tournament is scheduled to tee off March 17.

Squaw Valley ski trip

The San Francisco USO, in conjunction with the Oakland USO, is planning a Ski Trip to Squaw Valley for the weekend of March 5-7. The price is $39.50 for singles and $44.00 for married couples, per person - singles (3 in a room) - couples (2 in a room). Price includes chartered bus, two nights' lodging, two breakfasts and one dinner; Saturday night - lodge dance, discount passes for ski lifts and ski lessons, and ice skating.

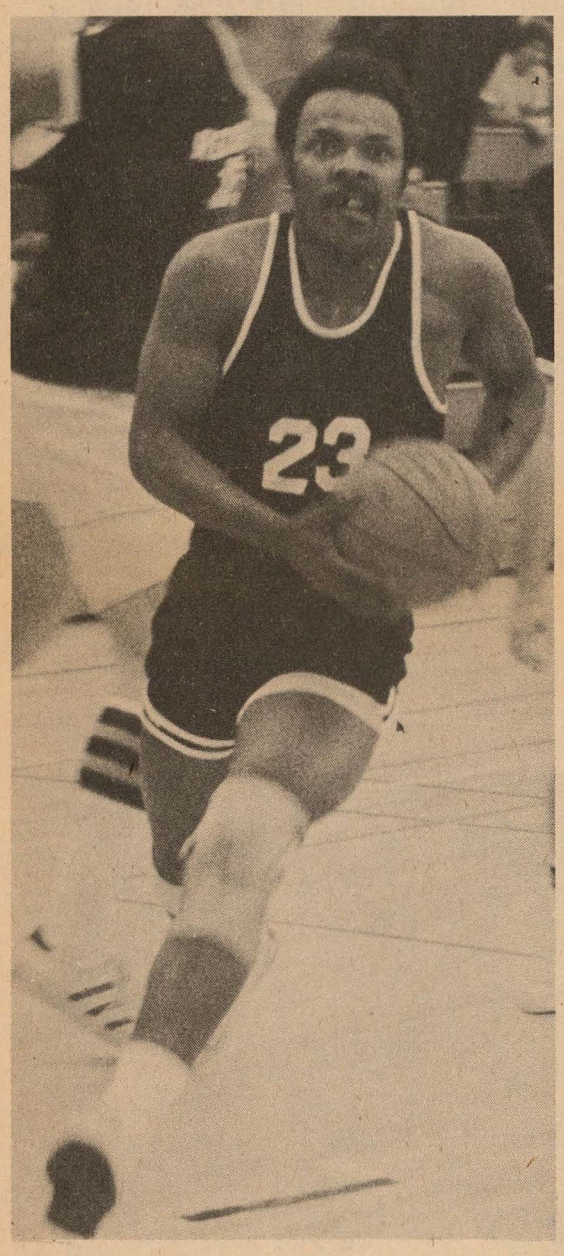
A $10.00 registration fee, which is non-refundable, is required with balance of payment due no later than Monday, February 16. However, seats will only be held on a first-paid, first-go basis (full payment).

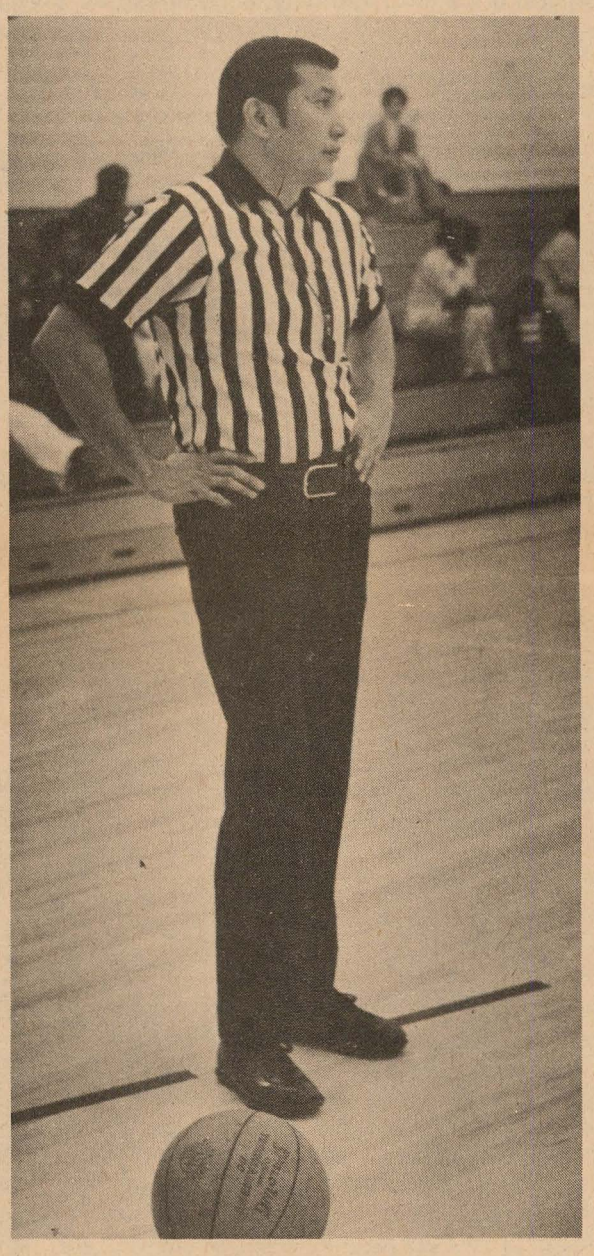
The group will depart San Francisco USO, 1019 Market Street, at 5:45 p.m. and then pick up the group at the Oakland USO at 518 - 17th Street at 6:15 p.m. Reservations can be made by stopping by either Oakland or San Francisco Centers. Additional information may be obtained by calling the San Francisco USO, 621-0630 or Oakland USO 893-4966.

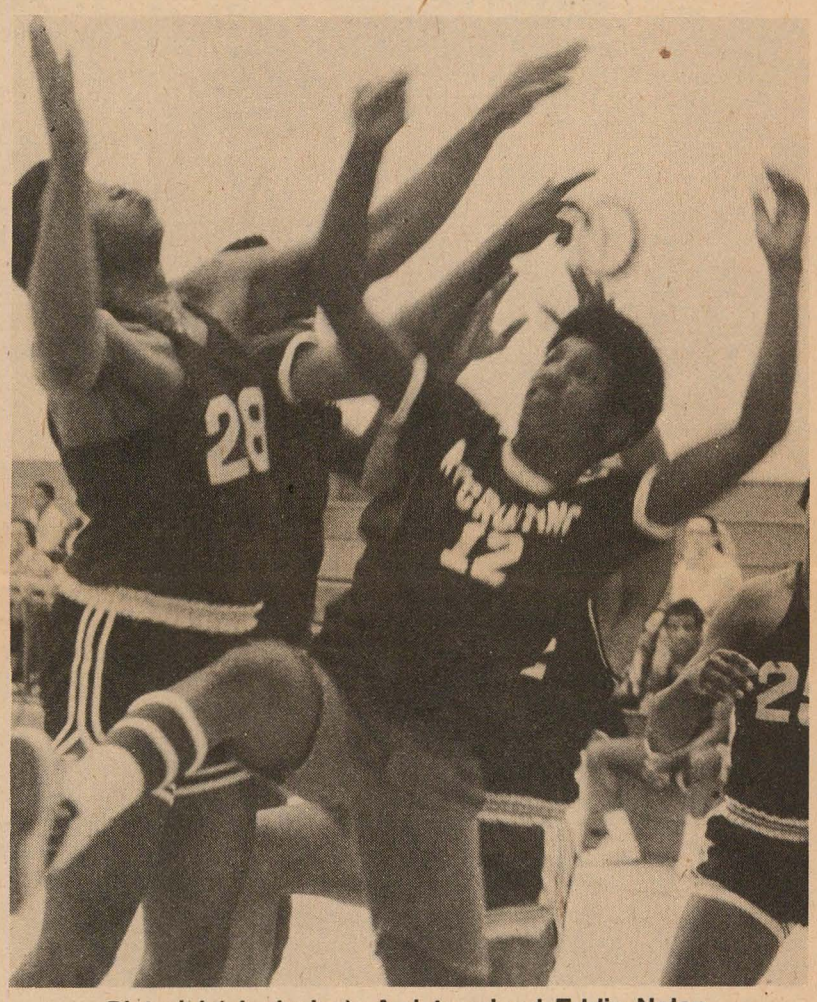


WRRC misses quota

Medics Mash Recruiters, 85-58







Pictorial* (clockwise): A determined Eddie Nolen, LAMC, charges for the basket. *During a time out break, referee Bob Giron takes a break himself.* Outstretched arms of Recruiting's Willie Mike (12) and LAMC's Ronnie Harrell (28) reach for a missed basket shot. *A collision between Recruiting's Bill Williams (13) and LAMC's Harrell (28) causes a lost ball. A member from each team eye the dropped ball.



Photos and story by C.D. Steen

Wrapping up an unbeaten basketball season Tuesday night, LAMC beat Recruiting 85-58 to take the Post Championship.

What turned into a LAMC rout late in the game, started as a close contest between both teams. Recruiting had good penetration under the basket, combined with shooting. LAMC was slow at first, allowing an early Recruiting lead.

But LAMC quickly got together toward the close of the first half, leading Recruiting by six.

It became all LAMC through the remainder of the game, as they built a lead Recruiting couldn't gain back.

LAMC's Eddie Nolan began to blast through Recruiting defense, and, along with Ray Thomas, began to hit consecutively from close in and the outside.

High scorers for LAMC were Nolan with 20 and Ron Williams with 16. Recruiting's Bill Corey shot 27.

Attributed to LAMC's success this season was a strong bench and excellent coaching by one Mr. Bell. It wasn't really too much of a disappointment for Recruitment, however. They were one team no one forsaw as a playoff contender, never mind being seen in the championship game.

They began the season with an 0-5 record. Getting together tenaciously, they bounced back, winning nine of the next 10 games. They knocked off the 504th MP Bn and the 16th BPO to get into the championship.

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Star Presidian

Volume 19, No. 9 | Presidio of San Francisco | Friday, March 5, 1976





Photos: (clockwise) **In the sealed-off computer room, no one knows whether the sun is up or down.** ***Keeping track of roving MP motor patrols makes for a busy night's work.*** **A CQ runner finds time to relax with a newspaper.**

Midnight:

While you're sleeping, soldiers are working

Photos and story by C.D. Steen

Ever stand on the sidewalks of Lincoln Boulevard and watch the stream of cars flow to the Presidio gates, marking the end of another work day?

These commuters flow into a larger river of cars on the highways, filling up the lanes until all of these homebound people finally dock at the dinner table. Look closely and you might see the insignificant few coming onto the post. They usually drive slower than the outbounders, even though the lanes on which they travel are nearly car free. They are the "night people," the ones who pick up the job where the "day timers" leave off. Many work nights on a regular schedule. Others just for an occasional one-night stand.

Probably everyone at one time or another has had to work nights. Some hate it, some have mixed feelings, and there are those who would have it no other way. Recently, a few of the "night people" were asked to comment on what it's like to stay up with the crickets.

The MPs

Sp4 Dawn Johnston works at the Provost Marshal's office as a radio operator. She sits in a small booth, surrounded by impressive radio equipment. In front of her desk juts a long, silver-colored mike. As she leans into it, she speaks in an articulate, emphasizing voice. The .38 caliber hand gun looms larger-than-life on her hip. He job will carry her all night. She will do this work for three days in a row, and then gets as many days break.

"I'm tired at the end of the 12-hour shift," said Johnston. "But I enjoy the night shift. More happens on a non-routine basis which makes it exciting enough to make me sort of forget to get tired. Besides I sleep better in the day when everyone else is out of the barracks. It's peaceful."

The MP said she tires from the mental stress and not the physical. She said when calls start coming in, there is a lot of concentration on getting facts straight and properly logged. "It takes a lot out of me," she said.

Directly to the front of the radio room is the MP desk. Here the desk sergeant and clerk occupy their time, concentrating on the ceaseless paperwork and coordinating MP duties.

Said desk sergeant, Staff Sergeant Leo A. Paonessa about working nights: "It's great as far as I'm concerned. It's not as hectic as day duty, but when something happens it's more exciting and usually deals directly with a police action."

Two night motor patrols supervisors were asked to give their views.

"Except when nights interfere with my social life, I like it," said Sgt. John Coates. "It gives me the chance to practice actual police work, rather than the routine escort services we usually handle during day shift."

Sgt. Russell Norway, his partner that night, said, "As long as I am doing police work I really don't care what shift I pull. Nights are fine with me."

Letterman Hospital

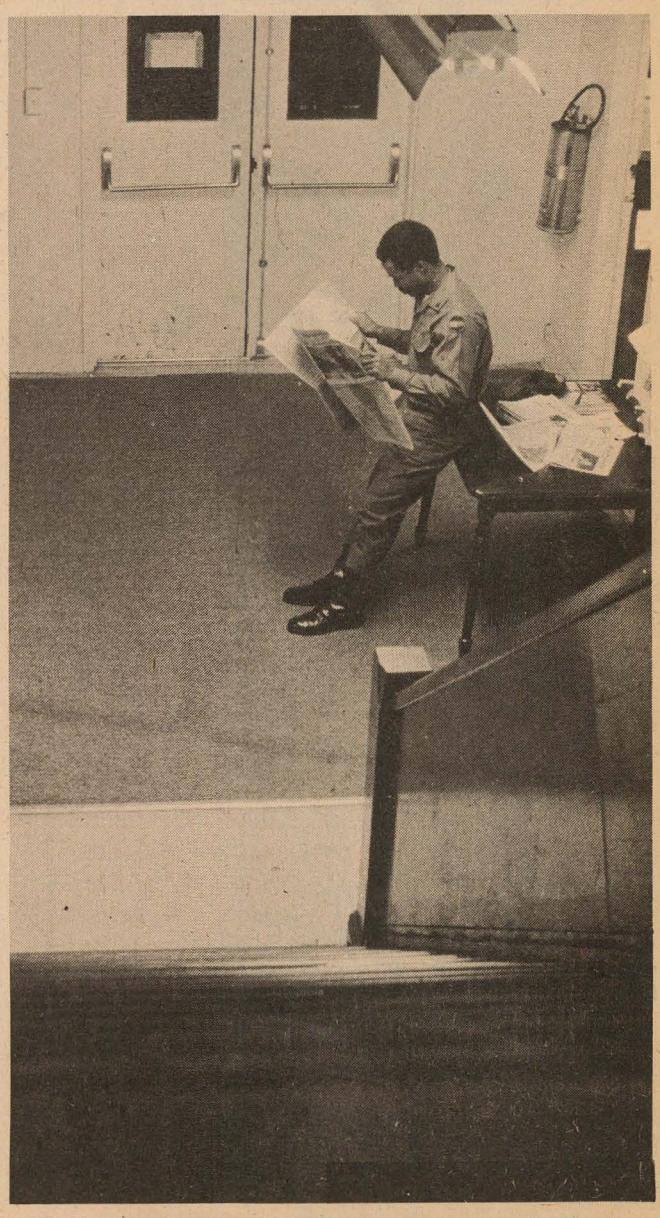
"I don't like working at night," said Sp5 Manuel Keaton, as he stocked new supplies during a slack in emergency procedures. "I'd rather be home with my family. At least it's usually only once a month."

Sp6 John Dillon feels completely different toward night work. For 36 months that's the only time in the 24-hour span that he has chosen to work. One reason, among others, is that he is wound up with school during the day, and working nights gives him the chance to work and go to college.

An X-ray technician, Sp4 Mike Luttrell, also a full time "nighter" by request, said it's more relaxed. He said he has a day job which helps keep spending change in his pocket. He feels needed more at night on a non-routine basis, he said.

Post computer operations

"I like having the days to myself, so I wanted nights," said computer room supervisor Staff Sergeant Thomas Hoaglin, who has been on the late shift for a year. "I can do things in the day that I can't always find time for after working during the day. Our night shift is well planned and it's sometimes easier to get things done."



Midnight Con't on pg 3



Champus changes

Major changes in the Civilian Health and Medical Program of the Uniformed Services (CHAMPUS) have been announced by Department of Defense. The changes affect non-emergency inpatient care and authorized dental care. All CHAMPUS beneficiaries who live within a 40-mile radius of a military or public health service hospital must now go to the hospital for non-emergency inpatient care and authorized dental care.

The hospital may issue a non-availability statement, depending on circumstances and care available at that hospital, which will then allow a CHAMPUS beneficiary to seek care at a civilian hospital. Patients who live outside the 40-mile radius are not required to get a non-availability statement.

The previous radius was 30 miles, but even then some beneficiaries within that area were exempt from needing a non-availability statement for civilian inpatient care. Both of these factors have now changed.

Any questions concerning these changes should be directed to the CHAMPUS advisor of the nearest military or public health service hospital. It is also advisable to contact the CHAMPUS advisor prior to seeking inpatient care in any community hospital.

Explore your options

If you are within 90 days of separation, attend the Explore Your Options Program on March 9, 1 p.m., in the Audio-Visual Auditorium, Bldg. 603 (East of the Main PX). Find out about the civilian job market today, your reemployment rights, Federal jobs, reenlistment and reserve opportunities, financial aid for further education or training, assistance in starting a small business, and your veteran's benefits. Call 3693 or 4030 to reserve your place.



Letterman Women's Club March luncheon

Linda Critchlow, public educator for the Queens Bench in San Francisco, will be the guest speaker at the March luncheon on Thursday, March 11. The luncheon will be held at the Presidio Officers' Club with the sherry hour beginning at 11:30 a.m. Lunch begins at noon which will be a sandwich and salad buffet. The cost is $3.50

The Queens Bench is an organization of women, mainly lawyers, who help counsel and advise rape victims and families in which sexual abuse has occurred.

Reservations for the luncheon must be made by noon Tuesday, March 9. In San Francisco, phone Mrs. Michael Lessin (Cathy) at 561-3542. In Marin, phone Mrs. John Jolley (Betsy), 388-9589.

Requests for 75% tuition assistance

Effective immediately, DA Form 2171, Request for Tuition Assistance, must be completed by the applicant and the applicant's unit commander and returned to the Fort Scott or LAMC Education Center three working days prior to the day the course begins. Military personnel are encouraged to contact the Fort Scott Education Center, ext 2974/4445, or the LAMC Education Center, ext. 3693/4030, to determine the starting dates of college courses in sufficient time to meet the three-day deadline.

Family quarters areas to be inspected

To help improve the appearance of the Presidio, family quarters areas will be inspected, according to Post Sergeant Major Jack L. Willard. Occupants of areas which do not pass inspection may have to pay for the needed improvements out of their own pockets, according to the Sergeant Major.

The inspections will take place on the following schedule in 1976:

Mar. 10—1300 area	Apr. 7—800 area
Mar. 11—1400 area	Apr. 8—900 area
Mar. 12—1700 area	Apr. 9—1211 - 1282 area
Mar. 17,18	Apr. 14—1240 - 1298 area
19—1500 area	Apr. 15—1300 area
Mar. 24—4-65 area	Apr. 16—1400 area
Mar. 25—100 area	Apr. 21—1700 area
Mar. 25—300 area	Apr. 22, 23—1500 area
Mar. 31—400 area	Apr. 28—4-65 area
Apr. 1—500 area	Apr. 29—100 area
Apr. 2—700 area	Apr. 30—300 area

Reinspection will be conducted for those quarters requiring it on Monday and Tuesday of the following week. The inspectors will be looking to see if the exterior areas (yards, driveways, sidewalks, gutters, etc.) meet regulation standards of appearance. Any questions on the existing regulations should be directed to Sergeant First Class Ronald McGuire, 3397, of the Post Police Inspection Team.

A tree grows on the parade ground

A special dedication ceremony honoring the planting of the Bicentennial Tree at the Presidio of San Francisco will be held Sunday, March 7, at 11 a.m.

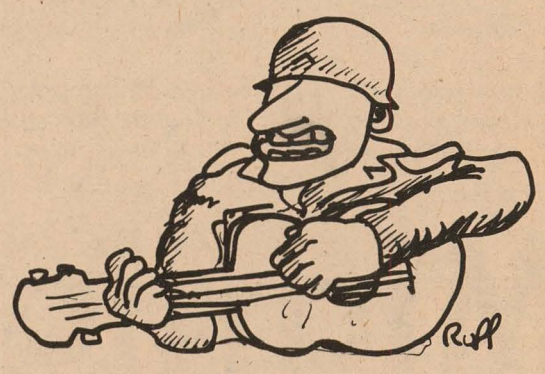
The Bicentennial Tree will be planted several yards away from its early ancestor, the "centennial tree," on the main parade field at this installation.

The Daughters of the American Revolution, Sequoia Chapter, will place a bronze marker in front of the tree "commemorating 200 years of America's Freedom."

Speakers for the occasion will be Colonel Warren J. Lodge, post commander, and Mrs. Alan L. Hoover, the Bicentennial chairman of the Sequoia Chapter.

The original Centennial Tree was planted July 4, 1876, by Angelo Marcian Gaspar Beretta, who at the age of 20 was the only civilian to be appointed Post Trader at the Presidio.

To celebrate the 100th anniversary of the Declaration of Independence, he planted three eucalyptus trees, one for each of his three children. Two were later cut down; however, a special act of Congress stopped the cutting of the third. It is this tree that has become known as the Centennial Tree, and has become a local landmark.

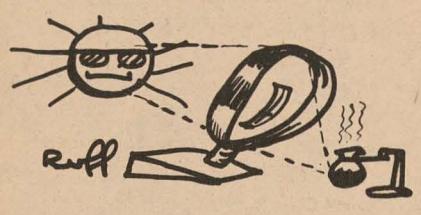


All-Army festival of the performing arts

This Festival will present outstanding Army performers in concert at the John F. Kennedy Center for the Performing Arts in Washington D.C., in June. The local level of the Festival is now in preparation by the Music and Theatre Branch of Recreation Services.

Army personnel may enter the Festival in any category of the performing arts, ranging from vocal soloists, instrumental groups, specialty acts or dancers to dramatic readings. A panel of FORSCOM judges will be at the Presidio on April 17 to see "SWEENEY TODD THE BARBER" at the Presidio Playhouse. Entries in the Festival will be incorporated into the variety portions of the production. On May 21 a panel of Department of the Army judges will see the production and any performers chosen will be placed on TDY to Washington from June 19 - 28 for rehearsals and performances at the Kennedy Center.

For further information regarding participation in this outstanding opportunity, military personnel should contact the Presidio Playhouse at 561-3992 from 1 to 5 p.m.



Solar lab at Presidio

A mobile solar laboratory equipped to convert the sun's energy for heating and cooling buildings will visit the Presidio, March 12-18, during its nationwide tour. It will demonstrate the use of solar power in place of coal, oil and natural gas for heating and cooling homes, offices and factories.

The Solar Lab will be located on the Main Parade Field in back of Bldg. 34 and will be open every day from 10 a.m. to 5 p.m. The general public is invited.

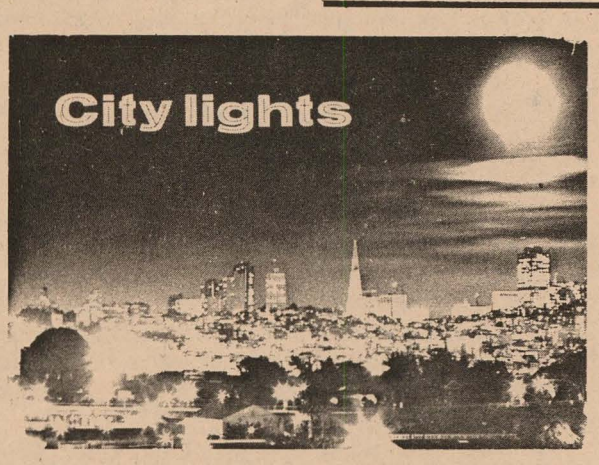
Beginners and intermediate Lapidary class

Beginning March 16, every Tuesday and Thursday evening, 6:30 - 9:30 p.m., this class will run for four weeks. Mr. Hal Warriner, Indian Valley Junior College instructor, will be in charge. Active duty military will be given priority for the class but retired military and dependents are urged to sign-up also in case of space available. Stop by the Crafts Shop or call 4497 to sign up.

Star Presidian

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Colonel Warren J. Lodge, commander
Major Michael J. Williams, public affairs officer
Sp4 David M. Ruff, editor
Sp4 Carol Cronin, reporter



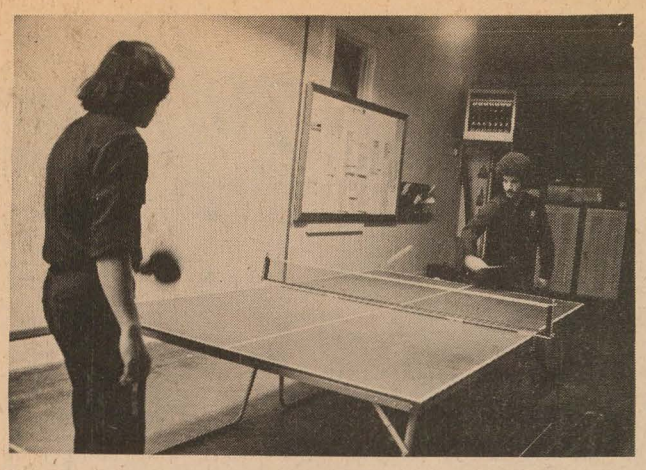
Friday, 5th Will Rogers stars in two great sound comedies, "Steamboat 'Round the Bend" (1935), and "David Harum" (1934) at Avenue Photoplay, 2650 San Bruno Avenue. The first movie is filmed on the Sacramento River and features a famous riverboat race. The films start at 8:30 p.m., preceded by an organ concert at 8 p.m.

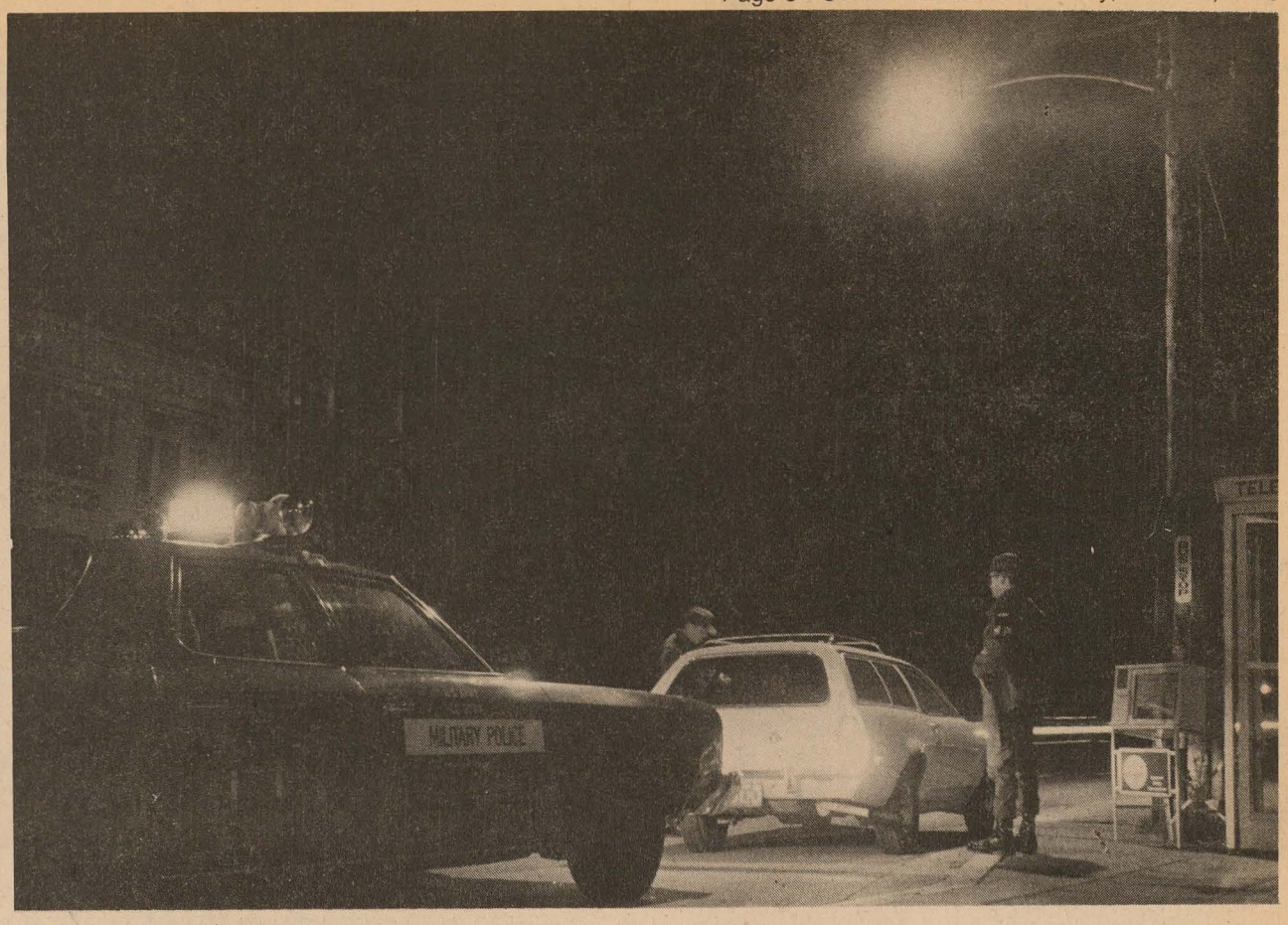
Saturday, 6th The Spring Opera Theatre is opera for those who like opera but don't understand foreign languages, and don't have a lot of money. Spring Opera Theatre presents young American talent in new productions, all sung in English. "Meeting Mr. Ives" is a world premiere opening today at 2 and 8 p.m. and continuing on the 11th and 14th. Tickets at the Curren Theatre, 445 Geary Street, range from $3.75 to $10.00.

Sunday, 7th Sonoma County has renovated one of its old mansions and offers an historical 20-room tour of the Hood Mansion, 7501 Sonoma Hwy., Santa Rosa. The mansion is open 10:30 a.m. - 4:30 p.m. daily through March 14. Admission is a $3.00 donation at the door, $2.75 advance sale, or $2.50 advance sale for a group over 20. Advance sales including an optional gourmet luncheon can be arranged by phoning 527-2941 or writing the Sonoma County Bicentennial Committee, P. O. Box 3424, Santa Rosa, CA 95402.

Monday, 8th The San Francisco USO opens their new coffeehouse, "Cafe Morocco", tonight. The coffeehouse will serve different varieties of coffees, teas and refreshments, and will feature live entertainment from the Bay Area. Cafe Morocco will be open tonight and the 22nd from 6 to 9 p.m.

Wednesday, 10th The Exploratorium presents one of the few masters of an unusual and difficult Japanese instrument, the Shakuhachi Flute. Masayuki Koga performs the full range of musical modes from traditional Japanese to the more contemporary free form, tonight at 8 p.m. Admission is a donation of 25¢ to support the Exploratorium programs.





Photos: (clockwise) **Boredom is the main enemy guards have to counter at night.** ***A quiet moment at the Fire Station brings a lanquid table tennis game.*** **Night gives more chance to practice actual police work.**

Midnight

Con't from pg 1

The sergeant said he found nights difficult to get used to at first. But, he said, since we can't see outside from the computer room, no one knows when the sun is up or going down, so day and night isn't even noticed.

One day-timer, Staff Sergeant William Yost, a senior console operator, told why he got off nights. "I think night working is unhealthy," he said. "I always felt out of "sync" with the rest of the world. I could never get used to working at night. I was always tired and felt as though I had to sleep. I'm on days now and hope never to go back."

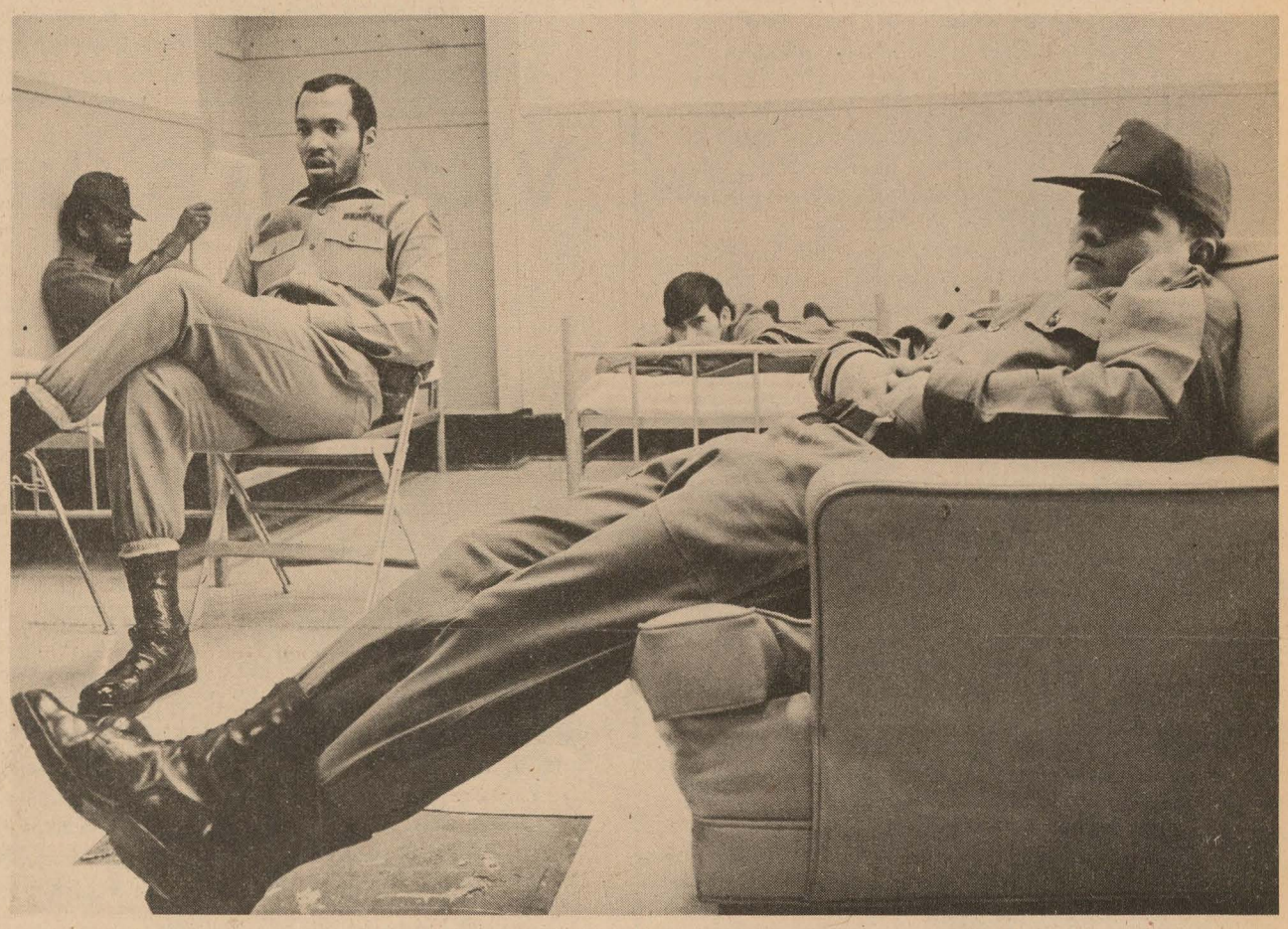
Short order "nighters"

If you're in the Army you must have pulled some kind of round-the-clock extra duty such as CQ, Staff Duty, or guard.

Sp4 John Gooch of Finance said he didn't mind an occasional night time duty, such as CQ runner, because it gave him time to study college courses and augment his knowledge for an upcoming promotion board. But, he said, he also just likes to relax with a newspaper, a book, or watch television. CQ runner duty gives him the time which, he said, he rarely takes time to do when not on duty. "But I'm so tired by the next morning," said Gooch. "When I finally get off, a bed never seems so comfortable and I sleep well."

Guard duty is the scourge for most E5s and below. Perhaps because they get it more often than CQ and runner. Said Sp4 Frank Delvalle: "Guard is especially demoralizing at night when it's raining, cold, and foggy. You might walk into a tree unless you're especially careful. But I have mixed feelings about guard. Though the duty itself isn't a job you would want on a full-time basis, it does give one time to be alone and just think. At times I don't mind walking guard at all."

Another comment was made about shift changes, two hours on, four off. Delvalle said having only four hours off doesn't get a person much rest and one is often more tired when he has to go back on. He thought maybe a six hour shift might be more tolerable. At least there would be a long break in between.



Presidio fire station

When a lot of people are complaining about working eight or 12 hours, the fire fighters are working 24. This may seem like a long time to pull any kind of duty, but it's essential and mostly preferred.

"I like the 24-hour shift," said driver operator Barry Gaab, who was the dispatcher on the particular night he was interviewed. "I wouldn't work any other way by choice. Besides when we finish our stint we're off for a couple of days."

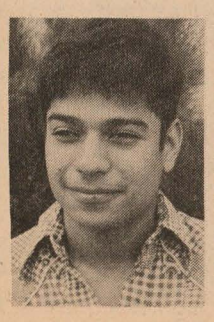
As dispatcher Gaab must be up and about the whole time keeping tabs on incoming calls and in constant contact, when needed, with out-of-station fire and rescue vehicles, he is the overall monitor for the department while on the dispatch shift.

But the other six fire fighters on hand, and an assistant fire chief, are able to catch a snooze if they wish when the regular day-time duty ends. But they too are on 24-hour shifts, and must stay close to the fire house at all times unless officially released. When it's quiet the men play cards, bang a ping-pong around, or indulge in the favorite pastime, cards.

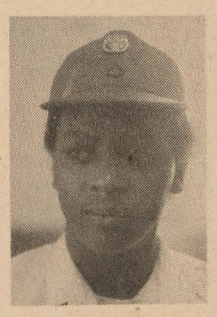
Others in the fire station that night also preferred the 24-hour shift. But presently they are working 72-hour weeks as most members of the Association of Firefighters Union do.



Do you think the military benefits are now equal to civilian job opportunities?



PFC Eugene Martinez: "I think the military is better. When I worked on the outside, I never seemed to have much money after taking care of items. Army fringe benefits, such as free housing, keep money in my pocket so I have more to spend."



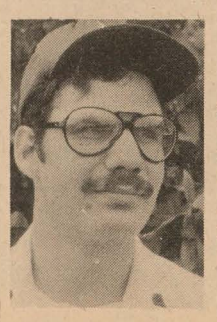
PFC Andrew Martin: "I don't think so. I still think the pay is better on the outside."



Sp4 Betty White: "When I sometimes have to work 24 hours a day at the same pay rate, I'd have to say no. The military will never be like the civilian job market where you work a designated amount of hours and you go home. If more hours are to be worked on a certain day, you get paid for it. Also in the civilian market you usually get a choice if you want to work more or not. But in the Army you sometimes have to work overtime whether you want to or not."



Sp4 Johnny Jones: "Fringe benefits given in most civilian jobs eat up some of the pay check. In the military, most are free, and that's where the military pay equals, maybe surpasses, the civilian market. We have free housing, medical benefits, and have lower food bills, thanks to the commissary."



Sp4 Gary Brenden: "A good thing about the military is that you can't get laid off. You are assured your job. The pay is very comparable to the civilian market now."

SPORTS

Presidio Forscom teams hit Carson tourney

The Presidio has invaded Fort Carson for the annual FORSCOM tournament this week and next. If the Presidio hoopsters can hold their own for five more matches against the monster teams from Forts Hood, Lewis, Ord and Carson they could win the tourney.

The invading Presidians got off to a slow start Monday with a disappointing first game loss to Fort Ord, 96-74.

Leading scorer for that game was Ron Williams with 21 points. The Presidio women's team beat the Fort Ord contingent the same night, 67-42, with Rose Ostrowski getting 29 points and Cathy Williams 24. Cathy Williams thrilled the crowd with several and successful hook shots.

Tuesday night, two days into the tourney, things looked up for the Presidio cagers. The men's team boffed Fort Sheridan, 82-67. Sheridan held on during the first minutes, closing the half only four points behind at 34-30. Clinging on to that four-point lead, the Presidians nosed the score up to 56-52 with ten minutes left on the clock. Then, in one of those lightning streaks that make basketball the game it is, the Presidians sunk nine free throws, six of them by Paul Gagnon, who had no personal fouls the entire game. Spurred by this, the Presidio sunk eight field goals which gave them a comfortable 14 point lead at the final buzzer.

Leading scorer for Tuesday was Paul Gagnon, with 37, a tournament high. Twenty of those points came in the second half and Gagnon was nine for 10 on free throws.

The Presidio men will now have to face exemplary teams from Hood, Carson and Ord if they are to win the championship.

In a much better bargaining position is the Presidio women's team, rated as one of the two best in FORSCOM. After stepping over Fort Ord's quivering corpse, Monday, the Presidio women dissected Alaska, with a 59-35 win on Tuesday. Alaska didn't seem to have its stuff together—one of their women fouled out in the first quarter. Presidio lead 29-19 at the half, and kept that lead, even after playing most of the bench during a slow second half. Leading scorers were Rose Ostrowski with 21 and Cathy "Cats" Williams with 18.

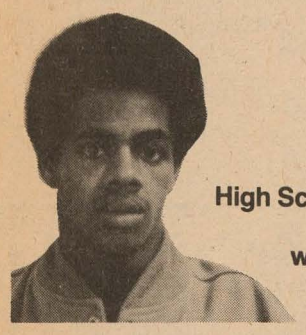
Special thanks to Kirk Faryniasz of the Fort Carson information office for all these facts. Just goes to prove that there actually are people in the information business who are on the ball.

Letterman golf entree finals

The placements of the four Letterman entrees at the California State Military Golf Championship are as follows:

The one entree in the Catalina Flight was Paul Dicus who shot a 77 and an 86 for a two round total of 163. He finished seventh.

In the Golden Gate Flight, Robert Meyers came in third with a consistent 85 - 85 for a 170 total. Faring towards the bottom in the GG Flight were V.C. Spaulding and Tom Gordon, who each shot 183.



High School senior wins second wrestling championship

Malcolm Leatherwood, the son of SFC Mathew Leatherwood of LAIR, became the All-City Wrestling Champion for the second year in a row.

Malcolm, a senior at Lincoln High School, 24th and Quintara Streets in San Francisco, defeated opponents from Lowell High, Washington High, and McAteer High, awarding him his second crown in the free-style event.

The 17-year-old youth beat the Lowell school opponent by pinning him in one minute, 20 seconds; the Washington school opponent in 29 seconds; and was awarded a win against McAteer by points, 18-6, going the full time limit.

With his second win tucked in his belt, Malcolm will be awarded a trophy at a Lincoln High School banquet later in the school year.

The wrestling champ may be getting more than just a trophy for his win. He said he is eligible to receive a $1,000 grant from San Francisco State.

The young wrestler said he hopes to be able to compete at the next Olympics, which will be in 1980.

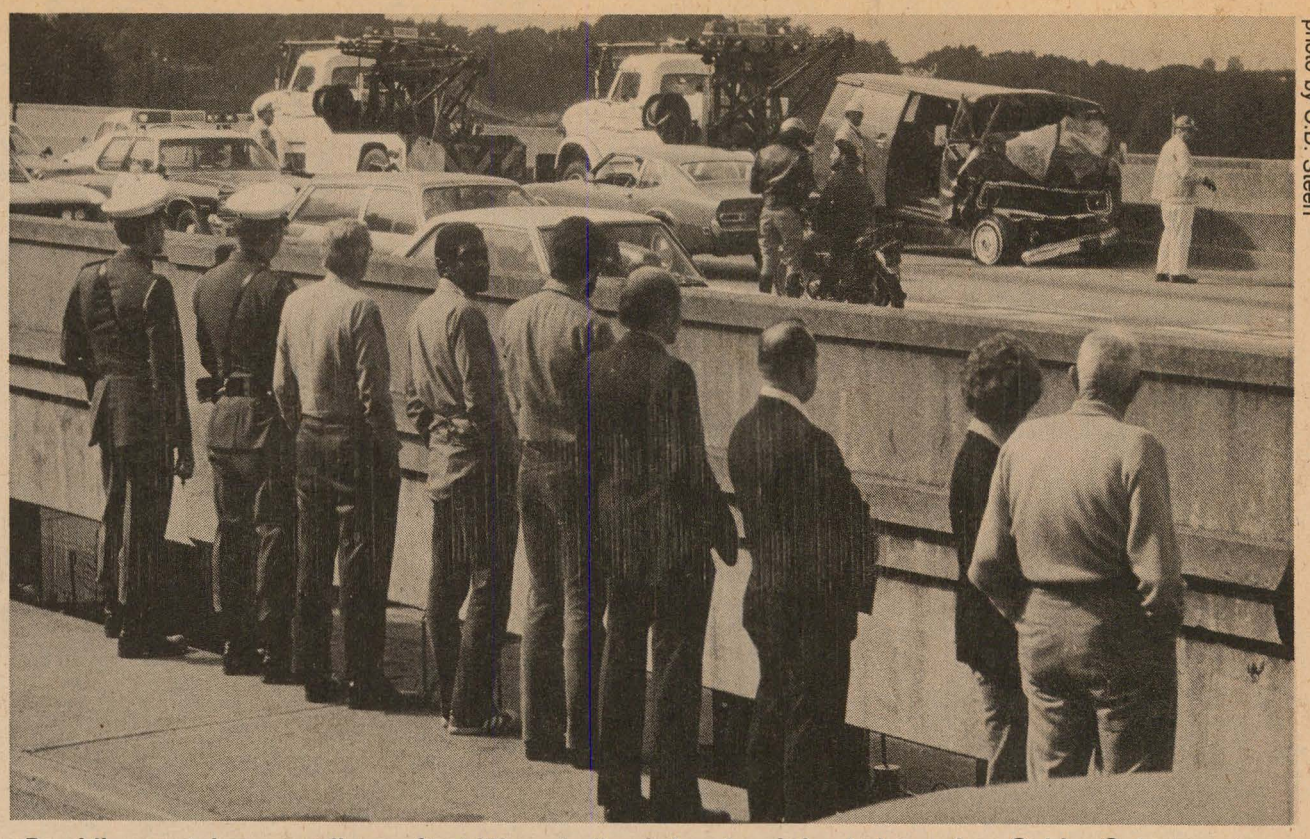


photo by C.D. Steen

Presidians watch as a small van, **after hitting a trailer rig head on, is hauled away by a Golden Gate emergency tow truck. The accident, which happened last Friday on Doyle Drive, involved a southbound van that, according to witnesses, swerved around a slow moving vehicle right into the path of a northbound tractor trailer. Doni Sgostrand was one of the witnesses who saw the accident from her office window at USACID which is only a short distance from the highway. The only injury reported was that of the van's driver who was taken to Letterman Hospital for treatment.**

Victoria's victims

Elusive 'lady' plagues post

By Carol Cronin

An epidemic crime wave has been occuring within the last month on the Presidio. All of the crimes have been traced to one criminal, but she has so far successfully eluded capture.

The wily infiltrator, who goes by the name Influenza Victoria, type A, has been forcing herself into the homes and lungs of many Presidians lately. Doctors from Letterman Army Medical Center (LAMC) advise that the best bay to release her hold over you is to take aspirin, drink plenty of fluids, and get lots of rest. Sound familiar?

However, to be fair to her, despite her admitted guilt, she is also being blamed by many for the work of the common cold. To help you identify her, the Preventive Medicine Department of LAMC has supplied an outline of her M.O. or modus operandi.

The flue is transmitted much the same as colds, by infected water vapor or droplets. The incubation period is anywhere from 18 hours to three days. Once developed, the onset is sudden, characterized by any or all of the following symptoms; cough, chills, fever, headache (frequently accompanied by stabbing pain behind the eye), muscle pain, especially in the legs and abdomen, and weakness of exhaustion. Nausea and constipation are frequent secondary symptoms, but actual vomiting and diarrhea are rare.

Despite frequent use of the term, there is no such thing as intestinal flu. Influenzas do not infect the gastrointestinal tract.

Respiratory symptoms usually appear after the fever has subsided. These symptoms are frequently less pronounced than with a cold or may be entirely absent. Sneezing, runny, or stuffy nose occur in most cases. Hoarseness, bloody nose, burning, itchy, watery eyes, or chest pain may occur. Recovery from an uncomplicated case usually takes only two to three days, but can take as long as a week.

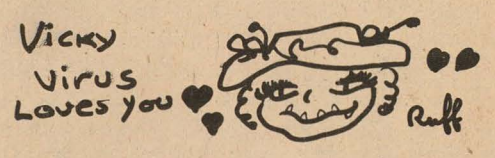
Dr. Sylvan Ruark of LAMC's Preventive Medicine Department, suffering from the flu himself, said, "The influenze is statistically only serious in the very young, very old, and infirmed. Therefore soldiers, for the most part young and healthy, find the flu more of a nuisance than a danger."

Nevertheless, he advised that flu victims check with sick call to make sure they don't have any bacterioligical growth which could lead to pneumonia. They should be especially suspicious of the possibility of bronchitus or pneumonia if they're running a high fever, can't eat, are dehydrated or are coughing up thick sputum.

Is there any way to avoid catching the flu? The infection is spread especially easily in the winter because people are forced indoors into crowded situations more often. If you're willing to become a hermit for the winter you have a pretty good chance of eluding Influenza Victoria. But if that seems a little drastic, you might consider yearly flu shots.

Dr. Ruark strongly recommends yearly flu inoculations for high risk groups, which includes people 65 or older, pregnant women, and anyone with chronic cardiorespiratory disease. He also thinks it's a good idea even for healthy young people. "They've purified the shot within the last two years so that it is more effective in preventing infections from mutations of the influenza, and is less likely to give the side effect of symptoms of the flu.

Dr. Ruark feels it is especially important for active duty military to have the shot because an epidemic may affect as much as 50 percent of an urban population and the Army can't afford to have half it's force incapacitated. The vaccine still needs improvement, though. With the present vaccine, 30-40 percent of those inoculated develop some symptoms of the flu.



If you received shots this fall and still came down with the flu, don't give up on flu shots. That vaccine was aimed at the Port Chalmers Influenza, from which the Victoria Influenza is a mutated strain. The shots weren't entirely effective against Influenza Victoria for everyone, but there was enough similarity between the two strains that the shots at least decreased the severity of the infection.

The Presidio is not alone in its epidemic. The U.S. has reached the national epidemic threshhold according to the National Center for Disease Control (CDC). An epidemic becomes evident from the increase in deaths from pneumonia. The CDC reports 875 deaths so far, which is 339 over the cutoff indicating an epidemic.

There are three types of influenzas. Influenza Victoria, type A, is what is causing the nationwide epidemic. Type A generally causes the major epidemics that tend to recur at intervals of two to four years. These epidemics start abruptly, reach a peak in three to four months, and subside almost as rapidly. The severity of the epidemic is determined by the degree of change in the mutated influenza strain. Type B is usually responsible for sporadic or localized outbreaks, particularly in schools and military camps. Type C is rarely detected, but surveys indicate a wide prevalence of infection from it.

If you see Influenza Victoria slinking around post anywhere, don't attempt a citizen's arrest. In fact, give her a wide berth or you may catch her without even trying. *U.S. Government Printing Office, 1975 Jacket No. 690-081, Print Order No. 27*

Star Presidian

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photo by C.D. Steen

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Stack arms, take a break

These stacked arms do not commemorate fallen soldiers **of a past war. Just a pause in the action at the Ft. Barry rifle range, where Presidian soldiers have been qualifying on the M-16 for the past two weeks. Each year, Army men and women must requalify themselves in marksmanship on the M-16. Soldiers first zero their weapons, then fire at silhouette pop-up targets from 250 yards in the prone, kneeling, squatting, sitting, and sanding positions. There was also a rapid firing sequence where ammo magazines are exchanged during the event. All events were timed. Each person must hit a minimum amount of targets overall to qualify.**



And hasn't come back

Rain, rain went away

By Carol Cronin

California is experiencing its worst drought in decades. Water rationing has already begun in some areas and will get worse as the hot dry summer approaches. Will Presidians soon be digging out their measuring cups along with the rest?

Fortunately this isn't likely, according to Ray Logan, Water Treatment Plan Operator Foreman for the Presidio.

"The water shortage is greater than ever before but not to the point of panic," he said.

The outlook depends partly on which side of the Golden Gate you live, though. Forts Baker, Barry and Cronkhite are already having, and will continue to have, more difficulties with their water supply. This is because of the difference in water sources.

"Lobos Creek and the Presidio's five wells will support the Presidio proper until some time in the summer when the supply will have to be augmented with water from San Francisco," said Mr. Logan.

Because of the drought, the water table is lower. Therefore the five wells, and Lobos Creek which is spring fed, will provide less water. The Presidio usually buys some water from the San Francisco Water District but this year Mr. Logan forsees an earlier need for this additional source, and therefore greater expenditures.

How about San Francisco? Will it have the extra water to sell? Oral Moore, a spokesman for Hetch Hetchy Water and Power, the San Francisco Water District's source of water, said there is sufficient water in the reservoir to last San Francisco through two or three such drought years. However, to maintain this reserve they have cut down on the hydroelectric power they usually produce, which means they have turned to P.G.& E. for additional electric power. He said that this will indirectly mean a revenue loss for San Francisco.

Forts Baker, Barry and Cronkhite, which are serviced by the Marin Municipal Water District, are not as fortunate as the Presidio. Their source of water is five reservoirs within the county, and these reservoirs have nowhere near the excess that Hetch Hetchy has. Although there has been no mention of figures or volumes, the District has asked the engineers to cooperate in eliminating excessive use of water and promoting water conservation. The engineers in turn have asked the community for cooperation through the weekly bulletin, leaflets and pamphlets.

These conservation methods include: showering instead of bathing, because it generally takes less water; using only a moderate stream of water while in the shower, and turning the water off while lathering; not running dishwashers or clothes washers at less than full capacity; and not using the toilet for trash such as cigarette butts and kleenex.

There are two means of water conservation which are requirements rather than suggestions. Hand-held hoses are to be used for watering the yard instead of sprinklers, because people tend to forget about sprinklers, and buckets must be used in washing cars, instead of leaving the hose running the whole time. If these preventive measures are observed, then the Marin Water District hopes no further measures will be necessary. Mr. Logan says they have asked for community and military police help in reporting any excessive use of water.

The Presidio is lucky to have a water shed within its boundaries. This has been a long-standing natural resource. Mr. Logan says the water treatment plant goes back at least to 1910 when it was part of the Old Spring Valley Water District, and supplied the water for all of San Francisco. The water from the domestic wells, which are located near the 25th Avenue entrance, is some of the purest in the world. The only treatment the well water requires to surpass U.S. public health standards is post-chlorination.

The water from Lobos Creek, which originates from thousands of springs near Mountain Lake Park and flows along the south western border of the Presidio, although still very good quality, requires more treatment because there is some bacteriological growth.

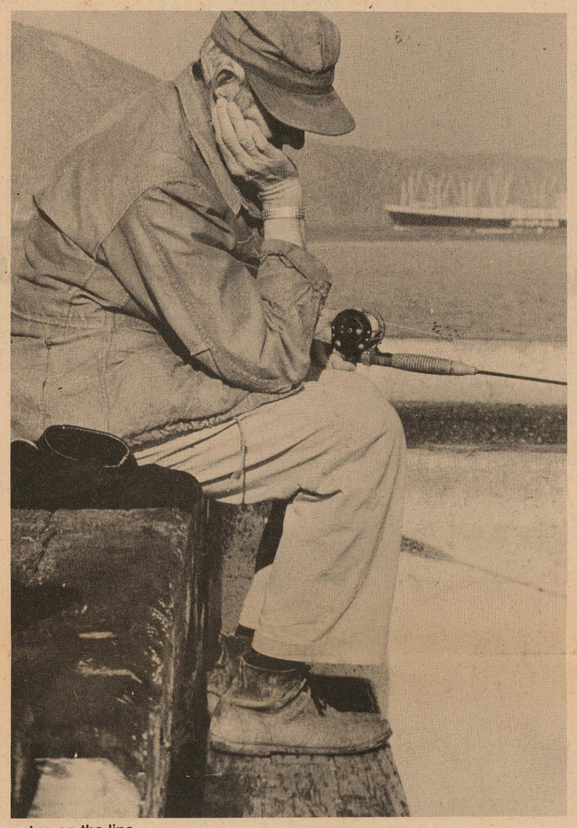
However, this water source has not been entirely adequate for the post during the summer. When the Presidio reaches the point that buying water becomes necessary, the engineers ask for cooperation in cutting down on its use. This year, cooperation will be especially necessary, so it might be wise to start avoiding water waste now.

In addition to the previously mentioned measures, you could make sure you have no leaky pipes or faucets, and mend cracks and holes in your yard hoses. Small drips add up very quickly.

Think water conservation in your home so that there is more water in our lakes and streams than in our bathtubs and street gutters.

As time goes by. . .

Whistle while you wait



a tug on the line.



an even break.

Hurry up and wait! How many times have you heard this great all-Army slogan? But it isn't always in the Army where this little bit of wisdom applies. Waiting is an everyday occurrence, applying at some time, to almost everyone. Look around. Look at yourself. In one way or another we are all waiting for something. While we Army and DA folks are waiting for a better turn of events for ourselves, California is waiting for more rain to quench the parched lands.

C.D. Steen roved around post recently, just to see how many people he could find waiting. He, we understand, waited a lot just to find people who were waiting. Here, he found people waiting for. . .



a new checker line to open.



some transportation home.



Growing Into Motherhood

A discussion group for mothers of infants from birth to crawling age will be given on eight consecutive Tuesdays at the Presidio Religious Activities Center starting March 23 from 1:30 to 3:30 p.m. For information and registration, call the Community Health Nurse at 561-2003 or 561-4994.



USO Military Ball

A military ball will be held by the Oakland USO Committee on March 26 at the Scottish Rite Temple Ballroom, 1547 Lakeside Dr., Oakland. A reception will be held at 8 p.m. and the ball itself will last from 9 p.m. to midnight. For information and tickets call PFC Ed Geier, ext. 4772.

ROTC scholarships available

Fifty ROTC scholarships will be awarded in June 1976 to active duty enlisted personnel interested in becoming officers.Scholarships provide full tuition, books, and related educational fees, plus $100 per month for up to 20 months. In addition, recipients will earn up to $500 for attending advanced camp scheduled normally during the summer months between their junior and senior years.

Applicants must have at least one year of active duty and credit for two years of college, must be less than 25 years old on June 30, 1987, be U.S. citizens and have been accepted for enrollment in the fall of 1976 by a college offering Army ROTC. Qualified soldiers desiring to compete for these scholarships are urged to apply for an application prior to April 15, 1976. Address: Army ROTC Scholarships, Fort Monroe, VA 23651.

Chapel meet set

The general meeting for Protestant Women of the Chapel will be Friday, March 19, at 9:30 a.m. at the religious activity center, Bldg. 682. Guest speaker will be Rev. Richard Bruner, minister of the Church of the Open Door, who also is involved in street ministry in San Francisco. Babysitting services will be provided.

Photo Silkscreen Class

A Beginners Photo Silkscreen Class will start March 20 at the Post Crafts Shop, Bldg. 122, 9 a.m. to 1 p.m., for 11 weeks, meeting every Saturday morning. The instructor will be Richard Graf, head of the Photography Department, San Francisco Art Institute. This class is held in conjunction with the Institute and upon successful completion, students will receive two quarter hours credit. Naturally, the class will be limited to size, so sign-up immediately either by dropping by the Crafts Shop or calling 4497. Active duty military will be given priority for the class. However, in case of remaining space available, retired military and dependents will be accepted in order of sign-up.

Star Presidian

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Colonel Warren J. Lodge, commander
Major Michael J. Williams, public affairs officer
Sp4 David M. Ruff, editor
Sp4 Carol Cronin, reporter

Sixth Army Band concert

The Sixth U.S. Army Band will perform in concert Wednesday, March 17, at 7:30 p.m. at the Presidio Playhouse. The program, which is free to the public, will be composed of selections by Tchaikovsky.

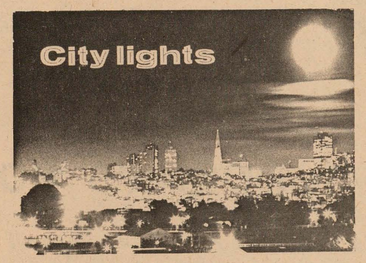
Beer busters beware

Many beer drinkers mistakenly believe that the low ratio of alcohol content to volume in beer makes it less addicting than whisky, gin, vodka, rye or wine. But the intoxicating element, ethyl alcohol, is found in all alcoholic beverages. There is as much ethyl alcohol in an average can of beer as there is in a four ounce glass of wine or a one-ounce shot of whisky.

The amount of alcohol in a drink can be determined by multiplying the number of ounces in the drink by its strength in percentage of alcohol.

- One 12 ounce glass of 4.5 per cent beer contains .54 ounce of alcohol.
- One 1-ounce shot of 100 proof whisky (which is about 50 per cent alcohol) contains .50 ounce of alcohol.
- One 2-ounce serving of wine (15 to 20 per cent alcohol) contains .60 to .80 ounce of alcohol.

Whatever the drink vehicle, intoxication results when ethyl alcohol is consumed faster than the liver can metabolize it. Although the intoxicating amount may vary with individual body weight, a person who drinks 7 to 10 cans of beer in an evening can be equally as intoxicated as the person who consumes 7 to 10 shots of whisky.



Friday, 12th Two of Alfred Hitchcock's masterful suspense films are showing at Avenue Photoplay, 2650 San Bruno Avenue tonight. "Easy Virtue" (1927), based on the Noel Coward play, and "Man Who Knew Too Much" (1934), the original Hitchcock firm version, illustrate Hitchcock's attention even to smallest details. In later films, Hitchcock was less conscientious because he didn't think the audience noticed his subtle touches. An organ concert precedes the 8:30 p.m. film showing.

Saturday, 13th "Cosi fan tutte," Thomas Jefferson's favorite light opera is San Francisco State University's Spring Opera this year. The opera features Henrietta Davis, a Metropolitan Opera Regional Finalist. Performances are at 8 p.m. tonight, and March 16, 18 and 20 at McKenna Theatre. Admission is $3.00 general and $1.50 students and senior citizens.

Sunday, 14th March 17 is the official day to don your green, but the public festivities are slated for today beginning with a festival Mass at 10 p.m., held appropriately at St. Patrick's Church, Mission and Third Streets. At 12:30 p.m., following the service, floats, horses, unicycles, 120 pound Irish Wolfhounds, pipers, dancers, and perhaps even a few leprechauns will begin their 23-block, 3½ hour parade. The route begins at Montgomery and Pine Streets, proceeding south on Montgomery, west on Post, south on Grant, west on O'Farrell, and south on Polk, passing in review in front of City Hall. The festivities continue with a Corned Beef and Cabbage Feast at the United Irish Cultural Center, 2700 Wawona Street, at 5:30 p.m.

Monday, 15th The art of Juan Manuel de la Rosa is featured at the Mexican Museum, 1855 Folsom Street, noon to 5 p.m. daily except Monday, through March 28. His exhibit of lithographs on hand-made paper accents the regular exhibits of acrylics, large color pieces, and Mexican textiles. There is no admission fee.

Tuesday, 16th Drum up a storm for free. The Presidio Recreation Center is offering free conga drum lessons tonight at 7 p.m.

Wednesday, 17th Jazz and classical movement meet halfway tonight at the Exploratorium when "Fusion" joins the two forms in their own complex style. Rob Hughes, the group's composer, plays flute and tenor saxophone, joined by Brad Billhorn on drums, Dave Dunaway on bass, and Russell Ferrante on piano. The music begins at 8 p.m. for only a quarter donation.

Thursday, 18th The Cherry trees in the Japanese Tea Garden, Golden Gate Park, are blooming early this year. The more than 200 trees make the next weeks some of the more beautiful for the garden, which is open daily from 8 a.m. to sundown, free.



Photos by Dona Seay

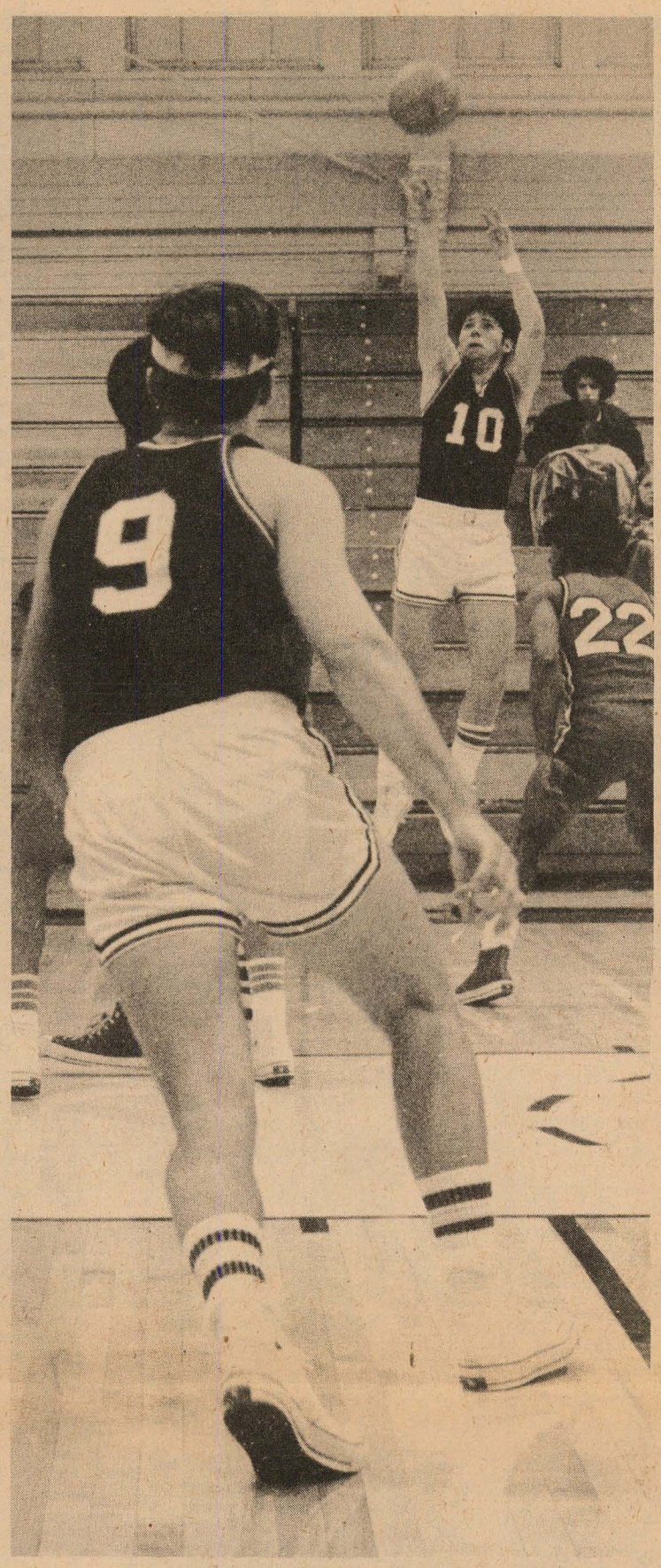
An entanglement of arms **develops between Presidio and Ft. Ord players as they reach for a loose ball.**

Cathy "Cats" Williams (above) and Rose Ostrowski are at Ft. Dix, N.J. battling for a spot on the Women's All-Army Basketball Team.



Presidio's Rose Ostrowski **and a Ft. Riley member leap high for a jump ball. The ref gets caught in the middle.**





Presidio's Paul Gagnon (10) fires a long shot from the sideline as Chuck Hamilton (9) readies for the possible rebound. The FORSCOM tourney action, played against Alaska, proved to be a vain effort for the post men's basketball team as they lost 113-96 and were eliminated early from the week-long tournament at Ft. Carson, Colo. Eddie Nolan was put out of action with a broken knee in the first game, and Ray Thomas in the early part of the third game against Alaska, broke two fingers. These injuries seriously weakened Presidio and was attributed to their disappointing elimination. The men's team also lost to Ft. Ord, but beat Ft. Sheridan.

Women take five straight

Pres'y hoopsters conquer Carson

By C. D. Steen

When the jumbo jet taxied to a stop at its terminal at San Francisco International last Saturday, eight jubilant but tired Presidio women basketball players disembarked and walked the lonely distance to baggage claims. There was no one there to meet them.

There should have been. But not a well-wisher with a simple "congratulations" message could be seen.

The girls picked up their bags and caught the next bus back to the post.

It's sad that these girls, plus two others who are now trying out for the Women's All-Army Basketball Team at Ft. Dix, (who together battled courageously through five games at the FORSCOM Basketball tourney at Ft. Carson and winning them all and taking the trophy) should come home to an empty airport. But they did.

For the seven players and coach, the excitement of military sports competition has ended for this season. They are now busy at their respective jobs. But for Cathy "Cats" Williams and Rose Ostrowski, the high scorers for the Presidio team, their competitive spirit must still be carried on the courts. More so. They are fighting for a spot on the Women's All-Army team. Their 20-plus point averages collected on the Carson courts will be tested again at Ft. Dix. At this point we can only wish them luck and hope when each returns, basketball will be an avocation for them besides their regular jobs.

Our women's team representatives at the tourney played like professionals. As team coach Sandy Colaw put it, "Our team and spirit was always together. I think we 'psyched' the other team with our spirit and we were able to control most of the games the whole time."

This was evident with the Presidio wins. They floor-mopped Ft. Ord, 67-42; froze Alaska, 59-35; riled Ft. Riley, 60-42; waterlooed Ft. Sam Houston, 60-30; and hoodwinked last year's champs, Ft. Hood, 41-35.

Colaw attributed her girls' attack to team tenacity. "It was clear among the players that Ostrowski and Williams were going to be the main ball shooters," she said. "But", she continued, "it wasn't just the shooting that beat the other teams, it was our defense. Each girl stuck to their opponents as though they were bound to one another. That was the key, plus snatching rebounds and getting the ball to where it counts—in our basket."

The coach said her team never lost their "cool" when things got tough. They just played harder, never letting up even when they built a sizeable lead. When Ft. Hood closed to within a point in the final period of the final game, Colaw gathered her team for a time out.

Recollected, they extended their lead right to the buzzer. All the pressure, jangled nerves, and excitement was let out at once when the game-ending sound came.

"We yanked people from the bleachers and hugged them," boasted Colaw.

After the tourney's end came the awards ceremony. The team proudly accepted the first place trophy and game ball.

The team flew home and Ostrowski and Williams were flown to Ft. Dix.

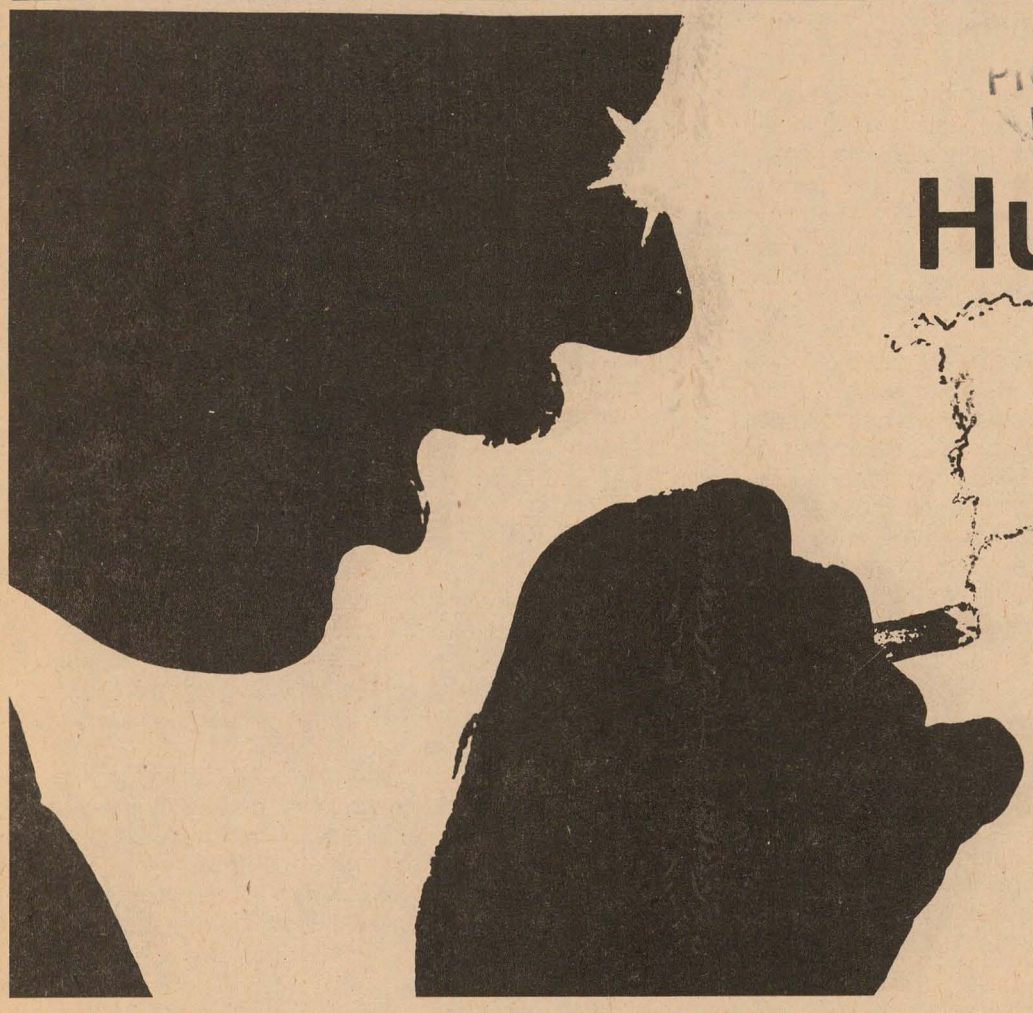
Most athletic teams have a victory chant. The Presidio Women's Basketball Team was no different. "What are we going to do, team? Take it to the hoop!" came the reply. They did.

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Huff and puff and blow your life away

Photos and story by C. D. Steen

You've heard it over and over again. Smoking just ain't good for you. It blackens your lungs; robs you of your breath; can cause lung cancer; stains your teeth; pollutes the air; smells up your clothing; litters the ground with butts; produces facial wrinkles; and makes non-smokers miserable. Not to mention that cigarettes rob your pocketbook. So why are you still huffing and puffing away?

"I want to!" said one three-pack-a-day chain smoker. "I enjoy it and don't plan to stop. I'll admit I've tried, but before I know, I have one of those 100 millimeter cigs hanging from my lips again."

"It's just a habit with me and I can't break it," says another who has been at it for 18 years. "I started because other kids smoked and I wanted to be accepted."

"It's relaxing, and gives me something to do with my hands," said another. "When I get nervous, I smoke. I haven't tried to stop nor do I plan to stop."

These comments seem to be the most common reasons for burning tobacco. But if there is a true desire to kick the habit, as the saying goes, it can be done and there really isn't much suffering involved.

"It's more than just a matter of will power," says Eileen Henriques, acting education coordinator at ADAP, who smoked for 25 years before finally defeating the desire a year and a half ago. "A smoking person comes to weigh the pleasures he or she gets from smoking with the physical dangers involved in pursuing the habit. Just how a person quits is solely determined by that person. Some do it on their own; others turn to group therapy. Either will work."

Concern for other people is a good deterrent for tossing the pack. That was a main factor for Ms. Henriques to quit. "I started getting complaints from coworkers who were breathing my smoke and they told me in plain terms to either quit or leave the area. In a sense I was forcing others to smoke so I got the message."

Is it one's business whether he or she chooses to smoke? "If it comes to someone else's health, then the smoker can and should be told not to smoke in their presence," said Ms. Henriques.

Smoking is an addiction, she said. It is a self-destructing habit, but, she added, it isn't really clear why people actually do get addicted.

Coming right down to what damage is caused to the body of a smoker, and those who must breath in the air of smokers, Doctor (Major) Bruce D. Buchanan, a specialist in pulmonary disease at Letterman hospital, answered questions on smoking.

What happens to the lungs and the rest of the body after exposing it to cigarette smoke for a long period of time?

Dr. Buchanan: "Smoke is a direct irritant to the lining of the breathing passage. It causes a paralysis of the fine cilia that remove minute foreign matter that collects in the lung. People who have been smoking for a long period of time may find themselves coughing a lot in the morning because the paralytic effect they get from smoking diminishes while sleeping. The next morning the network, called the mucocitiary escalator, which removes the foreign particles, is functioning again. The smoker finds he has a lot of mucus secretions because the lungs are trying to clear it out. When the smoker has his first cigarette, he may cough after the first few inhalations because the lining, during the night, has become sensitive again. Eventually, the person smokes enough to paralyze the lining once more, and the coughing begins to cease.

Additionally, properties in the smoke, such as carbon monoxide gas, rob the blood of life-giving oxygen because carbon monoxide replaces the oxygen in the red cells, thus diminishes the oxygen supplied to the rest of the body. When this happens it is thought to be a contributing cause to cholesterol plaques in blood vessels, particularly the heart and brain. A build up may lead to a heart attack or a stroke. Nicotine in cigarettes causes blood vessels to constrict which strains the heart, and decreases blood flowing thru the body.

The big scare factors to the smoker in connection with lung disease is bronchitis, which is an inflammatory reaction in which the lungs increase the secretion of mucus and pus cells which in turn causes obstruction in the breathing passages; emphysema, which is difficulty in expelling trapped air in the lungs (smoking is believed to contribute here by causing an increase of fibrous connective tissue in the lungs which prevents easy exhaling); and lung and throat cancer. It is believed that cancer is caused by cells that undergo a change and eventually become malignant when they begin to invade healthy cells. These changes have been found in almost all smokers."

What makes people want to continue to smoke, knowing well the hazards that are in store for them?

"The first factor may be that many smokers who have been at it for many years, weren't made aware of the dangers. Some now have a slogan such as anybody can stop smoking, but it takes a man to face cancer. Additionally, there are definite types of addicting factors to smoking. People do become dependent on nicotine and those who have tried to quit do have withdrawal symptoms with a desire for cigarettes persisting indefinitely. There are those who think if they stop smoking they'll gain a lot of weight. (Ms. Henriques mentioned that eating becomes a habitual replacement for a person who stops smoking, thus the sudden weight gain). Another thing that has to be looked at is the personality of the individual. Some people smoke because of a subconscious, self-destructive process, and others may use it as a crutch during a tense situation where they have the desire to do something with their hands."

Are other methods of smoking, such as cigars or pipes, better or at least healthier?

"There is a problem with lip cancer with these methods. But at least lip cancer can be detected earlier because it becomes visible. The main problem with cigarette smoking, of course, is inhaling the gases into the lungs (smoke itself isn't the damage causer. It's the components of the smoke). Pipe and cigar smokers don't usually inhale, so not as much of toxic substances gets into the lungs. But those who do

Cont. on page 4



from the GUARDIAN



Muckrakers unite

Presidio soldiers will join Richmond district residents Wednesday, March 24, in the second clean-up of Mountain Lake in less than two years. A similar effort was conducted in August, 1974.

Army groups assisting in the project will include the 16th Base Post Office; Company D, 864th Engineer Battalion; and volunteers from the Presidio Scuba-Diving Club.

This clean-up campaign has been scheduled in preparation for the reenactment of the historic De Anza encampment March 27, a Bicentennial event which will recall the arrival of Lt. Col. Juan Bautista De Anza 200 years ago.

The Scuba divers will clear debris from the bottom of the lake, while their counterparts on land work with local residents in cleaning up the beach and park.

Since the 1974 effort, the Army at the Presidio has made several improvements in the Mountain Lake area, including the removal of the wire fence that stretched across the lake and the opening of a hiking/bicycle path around the lake.

The clean-up is scheduled to get underway at 9 a.m.

Interested in becoming a toastmaster?

The Presidio Toastmasters Club (a member of Toastmasters, International) is an organized group meeting on alternate Thursdays during the noon hour, which provides its members with a professionally designed program to improve their abilities in communication and to develop their leadership and executive potential. Members have the opportunity to deliver prepared speeches and impromptu talks, learn conference and committee leadership and parliamentary procedure. This is an authorized training program devoted to developing better thinking, listening and speaking. Presidio Toastmasters Club has a limited number of openings for interested persons. Attend a meeting as a guest, no obligation. For details contact Doris Harvey 3046, or Jack Arndt 3829.

Military insurance options

The Senate passed by voice vote yesterday a bill to give military service personnel the option of converting servicemen's group life insurance upon expiration to commercial life insurance. (AP).

Cal-Pal youth baseball tryouts

All youths 13, 14 and 15 years of age will try out at Paul Goode Field, (end of Portola St.), 9 a.m. to 1:30 p.m., March 20, 1976. All youths who have not registered in the Minor or Major Bantam Leagues may do so at this time. All must be bona fide military dependents and be accompanied by a parent. Those who do not possess an I.D. card must have their parent present a birth certificate or other proof of their being a dependent. The spring baseball program will shortly get underway, so all interested in participating are urged to register.

Cinco de Mayo celebration

Help Wanted: To plan and work on Cinco de Mayo celebration tentatively planned for April 30-May 1 at the Presidio. All sorts of ideas and workers are needed. If interested and want to get involved phone 4659/5040 for more info.

Retirement handbook available

DA Pamphlet 600-5, "Handbook on Retirement Services for Army Personnel and Their Families," has been revised and updated. The booklet is currently being distributed to the field.

The pamphlet contains vital information on the benefits, privileges and responsibilities of retirees. Specific topics include the Retirement Services Program, CHAMPUS, Social Security, military installation privileges, and survivor benefits.

EM Wives set monthly meet

The Presidio Enlisted Wives' Club will hold its monthly social, March 24, 7:30 p.m., at the Religious Activities Center. Sewing and handycraft items will be demonstrated by members. Wives of all enlisted men are welcome. For more information call Nellie Gevry, 561-4489.

The regular business meeting of the Enlisted Wives' Club is held on the 1st. Monday of each month at 1930 at the Religious Activities Center. Call Barbara Leatherwood; 561-4660 or Estelle Harrelson, 561-7740.

YMCA Lake Tahoe ski trip

The Central YMCA is offering its last ski trip to Lake Tahoe of the season, scheduled for the March 26-28 weekend. A large, private cabin at South Shore will be provided, along with food and transportation. Enjoy a relaxed atmosphere with pleasant people. Ski downhill at Heavenly Valley or cross-country in Meyers. Low price.

Leave Fares Extended

Airline leave fares, scheduled to end March 31, have been extended an additional year.

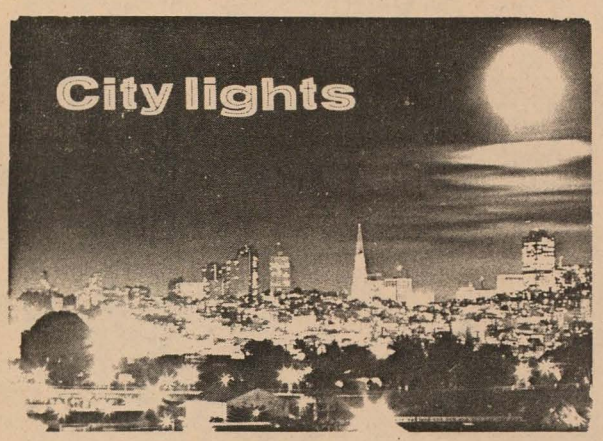
Military reservation fares, in effect since the early '60s, allow servicemembers on leave and traveling at their own expense to buy reserved coach or economy seat tickets at a 25 percent discount.

To qualify for the reduced fares, a servicemember must show a valid active duty ID when buying a ticket. Travelers also will be required to sign a statement that they are on authorized military leave/pass or within seven days of separation, and that travel is at their own expense. Travel in uniform is not required. (ANF)

SP needs TLC

Items submitted for consideration in the STAR PRESIDIAN should be typed, double or triple spaced, with paragraphs indented, times put in civilian terms, (i.e. 7p.m. **not** 1900 hrs.), military abbreviations spelled out, and quotes and statements attributed, (i.e., The Gerbil lovers club will meet at 7p.m., April 26. The club meets the second Tuesday of every week, according to A. S. Writter, club president.).

Articles and news items should be sent, carried or thrown at the STAR PRESIDIAN, Bldg. 37, before p.m. on the first Tuesday of each week.



Friday, 19th What's the citizen's band (CB) radio rage all about? The Presidio Recreation Center is sponsoring a CB radio display including an expert to answer all your questions tonight at 7 p.m. Applications for a CB license will be available.

Whatever a "Gee-Dunk Stand" is, the San Francisco USO has one, and it grows juicy quarter-pound and half-pound hamburgers, super-thick milk shakes and old-fashioned sundaes. The snack bar opens at 5:30 p.m. tonight followed by a live dance band at 7 p.m.

Saturday, 20th Add your own bit of color to the sky on Ben Franklin Kite Day today at the Marina Green, Marina Blvd. and Fillmore St. The fun starts at noon.

Free buffets return to the San Francisco USO, sponsored by Bill Frey, owner of "Bill's Place," a popular hamburger spot on Clement. The dinner begins at 6 p.m. followed by a troupe of belly dancers.

Sunday, 21st If you got hooked on belly dancing last night, enjoy an encore at the Presidio Recreation Center tonight as Ilyana performs at 7p.m.

Japan salutes the Bicentennial with a parade featuring traditional units rarely seen outside Japan. Akita lanterns, (as many as 50 paper lanterns on a single bamboo pole construction carried by one person,) Festival Dancers, and the Mikoshi Shrine carried by 150 men will be some of the highlights. The route for the parade, starting at 2:30 p.m., is from Franklin and Post to Japan Center.

Monday, 22nd A Concert of New Music, composed by members of the San Francisco State University faculty will be performed tonight at 8p.m. at Knuth Hall, on the University Campus. General admission is $2.00, senior citizens and students $1.00.

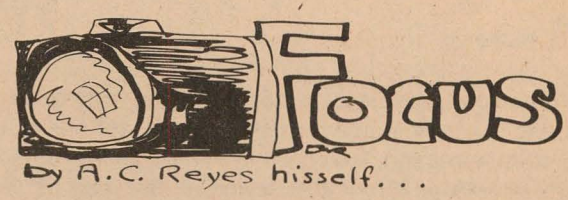
Tuesday, 23rd Have you seen the Navy and Marine Corps Mural at Treasure Island yet? It depicts historic events in the Pacific involving the Navy and Marines and a futuristic view of tomorrow, as interpreted by artist Lowell Nesbit. The mural, measuring 251 feet by 26.3 feet high, can be seen daily between 10a.m. and 3:30p.m.

Thursday, 25th Dorothy Emerson's Antique Show and Sale is in town at the Showplace, 2 Kansas Ave., 1 to 10p.m. today through the 29th. Dealers show furniture, china, silver, jewelry, etc.

Star Presidian

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Colonel Warren J. Lodge, commander
Major Michael J. Williams, public affairs officer
Sp4 David M. Ruff, editor
Sp4 Carol Cronin, reporter



Keep kids happy for lively pictures

Kids, on the whole, love to have their pictures taken. They love it, that is, unless they are required to be washed, combed, sweetly smiling, and most impossible of all—still. The results of such a session can range from artificial, self-conscious smiles to grumpy sullenness.

When you shoot them busily and happily engaged in something they enjoy, the results will be considerably more natural and appealing. There may be a few smudges on clothes and faces, or their hands may be grubby, but this will add an endearing real quality to your finished pictures.

Carrying it one step further, you can make the picture-taking an entertainment in itself. With very small children, you can get the reactions you want by making faces at them, but after they reach the age of about four, you'll be better off by asking them to make faces at you. The shots you get of the funny faces they make will be an added plus to the ones you take of the spontaneous laughter which will invariably follow.

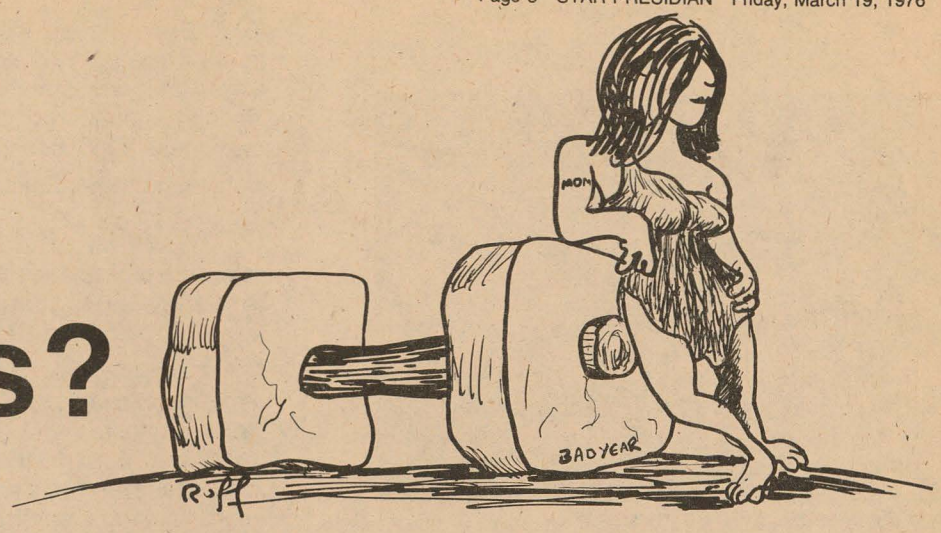
By the time children get to be about eight, they'll happily add a few flourishes in the form of props for really creative face-making. This form of photography, in which you shoot the original scene and then the reaction to it, does take a little more film, but the results will be worth it.

Professionals have long since discovered the wisdom of investing in enough film to be sure they get the picture they want. Which brings us to the matter of equipment. A fast handling SLR and your normal lens will come in quite handy here. If you happen to have an 85mm portrait lens, or a 105mm, then you have the tools necessary for some fine, spontaneous pictures.

Funny faces are just a starter idea for lively pictures of kids. Your own imagination—and the kids themselves—are sure to come with more.

Ideas through the ages

Any suggestions?



By Carol Cronin

It is a little-known historical fact that thousands of years ago, a cave woman lost her hubbie to the fangs of a carnivorous dinosaur. Since she alone had to do the work of two people now, she was forced to invent something to allow her own strength to accomplish more. After much trial and error she carved out the flat round disk that we now refer to as a wheel. Her transportation problems were simplified tremendously. However, she still mourned her deceased spouse, and so named the center, or the heart of the wheel, the "hubbie" in memory of him. Today we have shortened this to the "hub".

Without this creative innovation there would be no such thing as grocery carts, skate boards, go-carts or dune buggies, not to mention the somewhat popular means of transportation called a car. Although her name has been lost to history, we salute this little recognized inventor of the wheel.

The Presidio has a program to recognize and adopt innovative ideas and suggestions with a little less time lag. It's even possible to earn as much as $25,000 for a suggestion. Many Presidians have earned extra money through the Army Suggestion Program but not enough to meet the 1976 fiscal year participation objective. To help reach this goal, a suggestion drive is being conducted beginning last Monday, March 15 and lasting through June 30.

What kind of suggestions can earn you money? Any idea intended to accomplish a job better, faster, or cheaper; to simplify or improve operations, tools, methods, procedures, layouts, or organization; to increase individual or group manpower utilization; to conserve material or property; to promote health or improve working conditions; to substantially reduce the likelihood of serious accidents; to improve morale in terms of desirable and feasible personnel services, on-post welfare facilities, and personnel policy and practice.

In December, 1974 Joanne Pope of DPCA was awarded $350.00 for an adopted suggestion which resulted in limiting the distribution of Presidio consolidated special orders to only those recipients who have an absolute need for them, thereby saving the Presidio approximately $5,951.00 per year.

Robert O. Betterton, DIO, in September 1975 was awarded $105.00 for a suggestion which resulted in the design and installation of a holding fixture that permits safe test firing of small arms within the vicinity of the Repair Shop and eliminated the need to go to the firing range, thereby saving approximately $1,015.00 per year.

Mr. Ichiro Tanaka, Presidio awards administrator said, "Money is only one factor in motivating people to submit suggestions. They are usually equally interested in their work. Some people get in the habit of looking out for ways to improve their situation."

Lee V. Sutton in DIO is one example of this. In March, 1975 he was granted $100.00 for a suggestion which resulted in procurement of IBM typewriter repair parts directly from the manufacturer instead of a local vendor, thereby saving approximately $998.00 per year.

A month later he was awarded $200.00 for an adopted suggestion which resulted in the repair of IBM electric typewriters in-house instead of having a maintenance service contract with a local company, thereby saving approximately $2,953.00 per year. He also had three other adopted suggestions, receiving two $25.00 awards and a Letter of Appreciation.

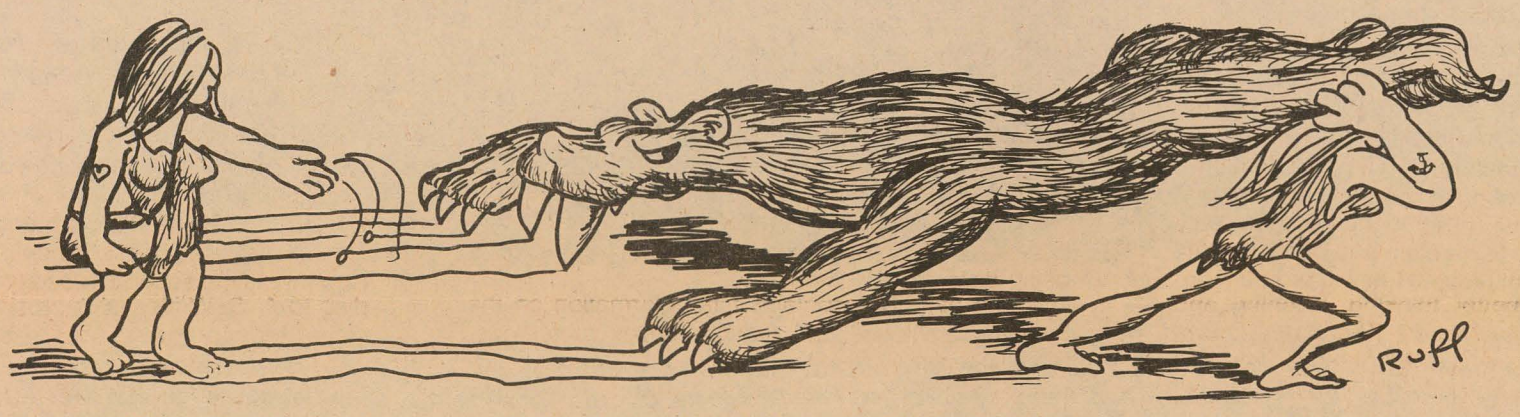
Cash awards are calculated according to the estimated net monetary savings for the first full year of operation following adoption. Savings must be $250.00 or more in order to qualify for a cash award. When adopted suggestions result in intangible benefits, cash awards are based upon the value of their benefit and the extent of their application. The following tables are used in determining the amount of the cash award:

Savings	Award
$250	$25
$251-$1000	$25 for the first $250 in benefits plus $5 for each additional $50 or fraction thereof.
$1001-$10,000	$100 for the first $1000 in benefits plus $5 for each additional $100 or fraction thereof.
$10,001-$20,000	$550 for the first $10,000 in benefits plus $5 for each additional $200 or fraction thereof.
$20,001-$100,000	$800 for the first $20,000 in benefits plus $5 for each additional $1000 or fraction thereof.
$100,001 or more	$1200 for the first $100,000 in benefits plus $5 for each additional $5,000 or fraction thereof.

Note: The maximum award is $25,000.

Colonel Warren Lodge, post commander, has directed that each military and civilian manager or supervisor be asked to identify at least one operational problem and seek solutions to that problem from among the workforce. Suggestions need not be on a major scale to be considered under the awards program. However, to receive a monetary grant, the suggestion must substantially exceed the employees performance requirement.

A major problem discouraging people from participating in the program is the length of time required to receive a response. Mr. Tanaka says that they are concentrating on speeding up this processing. The processing period depends on the complexity of the suggestion, and whether it has only local or Army-wide applicability. However, Mr. Tanaka said, "In an ideal situation, a suggestion on a local level shouldn't take any longer than 30 days to process, on a FORSCOM level any longer than 60 days, and on a national level any longer than 90 days."

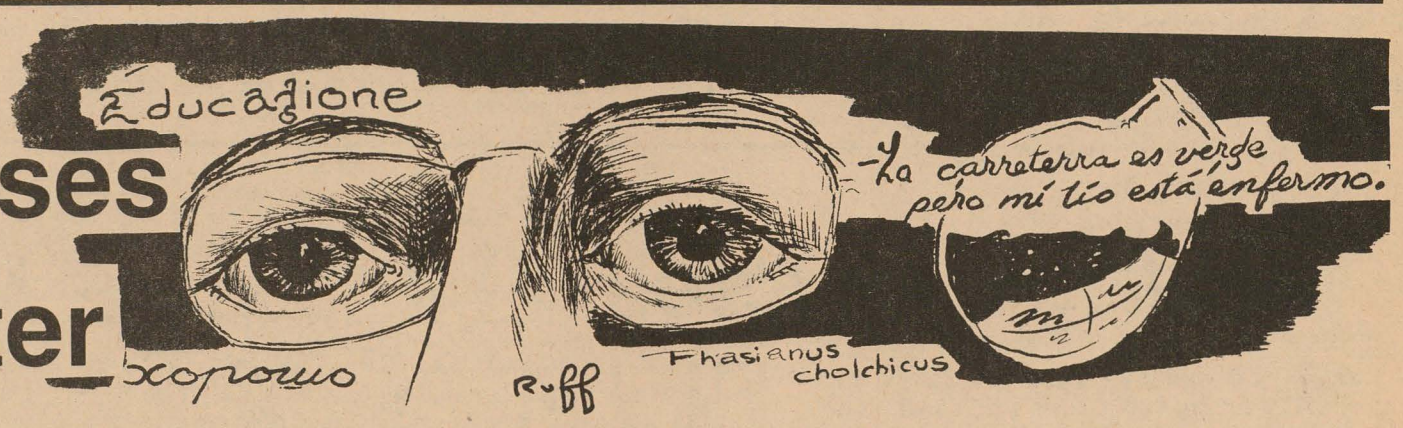


He added, "Some people think the Army Suggestion Program is excess work and not really part of their responsibility, when actually it is part of the mission too." Blank suggestion forms (DA Form 1045) may be obtained through the suggestion coordinator for your department, or from Mr. Tanaka in Bldg. 37. If the suggestion applies to the supervisor's operation, it should be submitted to him. Other suggestions may be sent directly to Incentive Awards, CPD, Bldg 37, PSFC.

This is your chance to make a little money and receive recognition for those fleeting but constructive ideas. Write them down and find out what they're worth.

Wissen ist Macht!

Strange classes at ed. center



In step with the current trend to make a college education more accessible to the adult returning to school, the Presidio Education Center provides resident credit college courses conducted on-post by San Francisco State University and City College of San Francisco.

San Francisco State University classes scheduled March 29-May 20, 1976 are:

On Monday and Wednesday, 6 to 9p.m., **Introduction to Economic Analysis** (ECON 100, 3 units) a macro economics course will be given. This class prepares an individual to begin to grasp ideas in the totality of national, institutional, and industrial monetary systems, balance of payments and policy. This particular course is required of Business majors and can be used as a social science or general elective.

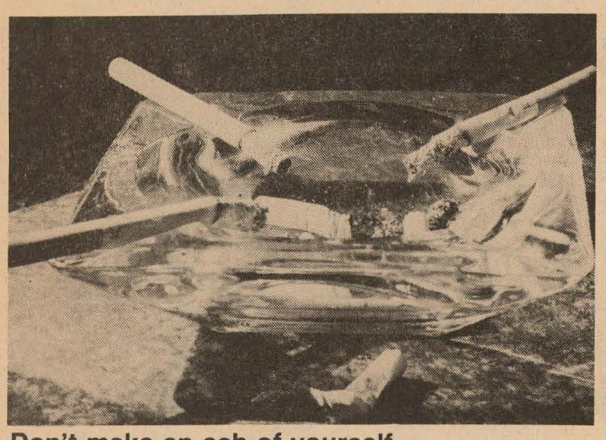
For those who wish to improve their writing skills, especially in the area of reports and expository expression (essay), **Elements of Writing,** English 400 (3 units) will be conducted on Monday and Wednesday, March 29 - May 19, 1976, 6 to 9 p.m. This is a basic upper division requirement for graduation from San Francisco State University and may also be used as a humanities elective at other institutions.

On Tuesday and Thursday, 6 to 9p.m., **Introductory Psychological Statistics** (PSY 371, 3 units) will be given. This class offers basic statistical theory and techniques appropriate to business, nursing and behavioral science majors; included will be inference and testing hypotheses.

The need to be accomplished in public speaking in many professions is obvious; therefore most undergraduate programs require some training in the art of communicating verbally to groups. In keeping with this requirement the Army Education Center is offering San Francisco State University's **Fundamentals of Speech** (SPCH 150, 4 units) Tuesday and Thursday, 6 to 9p.m. This nine-week class concerns itself with the nature and function of speech in contemporary society. Students will develop their own skills in speech and have them evaluated by the instructor.

Cont. on page 4

Huff and puff Cont. from page 1



Don't make an ash of yourself

inhale are exposing their lungs to a far greater amount of dangerous products and the effects are going to be worse than cigarette smokers. The reason is the quantity of gases are greater from cigars and pipes. Cigarette smokers who switch to pipes and cigars generally continue to inhale."

Do you think the corporations who produce tobacco products are concerned about the hazards involved?

"Even though these firms do research on the matter, probably to cover themselves and demonstrate their concern, the fact is that smoking unquestionably is dangerous to one's health and there is no way these supposedly reasonable people can justify continuing the production of tobacco products."

What about the new "low tar" and nicotine cigarettes that are coming on the market. Are they safer than the types that have been around for a long time?

"The new type cigarettes do have a lower toxic amount of tar and nicotine as compared to the better-known favorites. But the dangerous ingredients are still there. Back in the post war years, when most cigarettes were unfiltered, the gases were extremely high. Filtering cigarettes has cut down some of the toxic gases. A good thing to remember for those who want to go on smoking, is to smoke only half the cigarette. The last part of the cigarette acts as an additional filter. The tobacco collects some of the toxic material as the smoke is drawn. But if a person smokes a cigarette all the way down, then he inhales all the poison."

What about the non-smokers who are forced to breath a smoker's smoke?

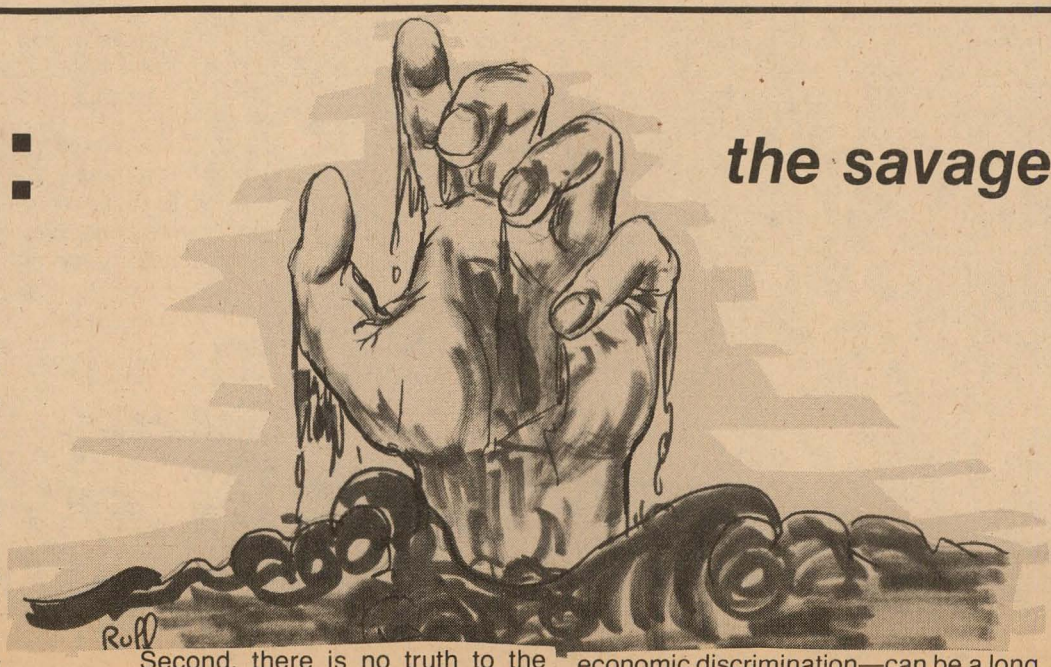
"Cigarette smoke, or for that matter any smoke, be it from cigars or pipes, inhaled by others in a smoker's environment, isn't really unhealthy for the most part. The toxic levels being breathed by a non-smoker are very small. But there are those who are sensitive to smoke in any form. Persons who have given up smoking become acutely aware of cigarette smoke and are made very uncomfortable. People with lung diseases, such as emphysema and bronchitis are much more effected by smoke."

In closing, the doctor said that other ailments are common among smokers besides these mentioned. He said it more common for smokers to have stomach ulcers, bladder cancer, and peripheral vascular disease which is a decreased blood supply to lower extremities in the body. He also mentioned that 60 percent of the patients he sees at Letterman have a smoking-connected ailment.

It's hard to picture in one's mind what damage is done by smoking. There are plenty of pamphlets around that will show you. One such is called "If you smoke—here's what your doctor may see." The photos aren't pretty. They're not supposed to be.

It's interesting to note that the body can repair most damage caused by smoking if given up, if the deterioration hasn't gone too far. Before you've gone too far with the little cancer sticks, maybe you should think about it.

Suicide: *the savage god*



Suicide is not a disease, but most people confuse it as such. Suicide may be the saddest word and act in all the world. I think I can support that concept. We don't like to talk about suicide and we don't like depression. However, there are some basic ideas to share that ought to be common knowledge.

Suicide statistics are veiled in some obscurity because a lot of "accidents" may really have been suicides and because it is probable that many overtly suicidal deaths are purposely called something else by well-wishing but possibly misguided coroners or other physicians. Suicide as a "cause of death" is fairly often hidden because of social stigma that rise from common misunderstandings.

Why pick something obscure to talk about? Because although it is cloudy—it is BIG. About 25,000 deaths due to suicide are recorded each year. About 100 children between 10 and 14 each year, about 1,500 young people between 15 and 19 each year, and about 15,000 college students each year take their own lives. Indians, young adult blacks, and the aged all have high suicide rates compared with the overall national population. And for each of the completed suicides there are about 10 attempted suicides.

There are some myths about suicide most awful untruth is the concept that people who commit suicide are crazy. In fact, only about one in five ever demonstrated anything to suggest mental illness.

Second, there is no truth to the thought that people who talk about it won't do it. In fact it is quite common for people to discuss it with someone before they do it. Third, there are always a few people who avoid the issue by disclaiming any right to interfere with someone else's suicidal intentions. In fact, if someone shares their suicidal thoughts with you it is most reasonable to assume that he is ambivalent about it and wants reinforcement of his will to live.

Nobody really knows why people kill themselves but enough information has been gathered to allow us some reasonably educated guesses. It seems that suicide victims haven't been "able to connect". Which is to say that something has prevented or broken meaningful ties with the live environment. They are "cut off" from tangible and emotional touch with other people. Sometimes it is very real, very big things which give this cut-off sensation. Such as deaths of loved ones, separations, poverty or economic disaster, and disease.

Confronting the real world with its hardships, those we all know, and some known only to those who face racial and economic discrimination—can be a long way off the American dream. Perhaps this is one reason why American Indians and young adult blacks are at high risk. Sometimes it is a lot of seemingly smaller things which outsiders don't think are big but make the individual crushingly sad such as a life of physical plenty without a feeling of being a success, of being loved, or belonging. In youth it may be a feeling of powerlessness over the future.

Suicidal ideas are very common, as idle speculation it might cross anybody's mind, but usually is quickly overwhelmed by our joy of living. When we feel sad our contacts tend to buoy us up again. Even in those whose will to die is overtaking their will to live there is reaching out to touch and feel and get feedback from the surrounding world.

Generally we turn from sadness in others. In the military there is the risk that sadness may be confused with weakness, and there are a lot of facades to cover sadness. As a culture we Americans are not gifted in dealing with each other's sadness. This probably comes from a mistaken apprehansion that a sad person wants you to take his burden and carry it for him. This is not the case in general. Mostly what seems to be called for is the level of compassion which allows a person to be "up front" with his feelings—to tell it like it is—to connect in a way that is real. There is no magic to this, it takes no "degree"; it just takes human skill.

The sad person doesn't want you to be him; just to connect with him as he really is. And if that connection can lead to problem solving or to alternative ways of looking at problems that can't be solved, that's a gift of life.

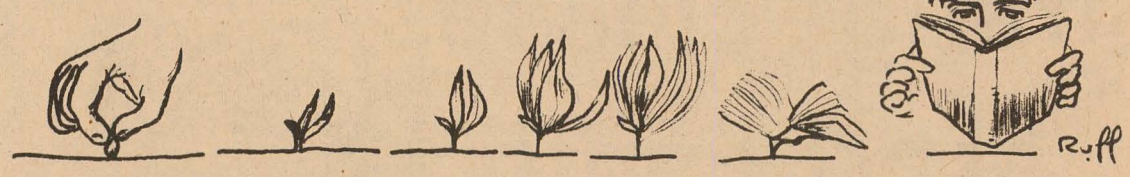
Everybody ought to give some thought to what he might do if he was entrusted by someone else with the knowledge that they are contemplating suicide—or just that they are very very sad. The main potential life saver is establishing the fact that **you are real** and that you are willing and able to be a **connection.** Don't let go, nor brush it aside with some **Yankee Doodle marching music** or a British **"chin up, old chap."**

First aid in this instance includes exploring it—where are the disconnections? How are they seen by the individual? Where are the immediate real alternatives? Possible alternatives are in the family, on the job, or in some other social group. Going beyond first aid—action by the potential victim or the aware other individual should include contact with the hospital, where every corpsman, nurse, and doctor are potential connections. Professionals skilled in knowing themselves and relating to others can add still further dimensions in problem solving.

from THE CASTLE

Cont. from page 3

Strange classes



Survey of Chemistry (CHEM 101, 3 units) and **Survey of Chemistry Lab** (CHEM 102, 1 unit) will be held March 29 - May 20, 1976, 6 to 9p.m.; CHEM 101 on Monday and Wednesday at Fort Scott and CHEM 102 on Tuesday and Thursday on San Francisco State University campus. These are companion courses, but need not be taken together. During CHEM 101, organic compounds including alcohols, ethers, esters, carbohydrates, fats, proteins, enzymes and other substances related to the elementary process of the human body will be examined. The CHEM 102 is the practical application of classroom theory. **CHEM 101/102** is required of all nursing majors and satisfies the natural science/general studies requirement for other majors.

The tuition for all San Francisco State University courses is $30.00 for each unit of credit with the exception of CHEM 102 which is $60.00. Tuition assistance is available to qualified military personnel if DA Form 2171 is completed three working days before the beginning of each class.

Through the City College of San Francisco, the on-post under-graduate program is privileged to present Dr. Leland Yee whose course **Psychology (PSY 22/23)** will be on April 6 - May 27, 1976, Tuesday and Thursday, 6 to 9p.m. Dr. Yee, a psychologist, describes his class as "not coming from the usual ethnic point of view, but rather considers a wider spectrum of subcultures in America, to include many exceptional groups such as the handicapped, the gifted, the physically disabled and the aged, as well as Third World Peoples."

There is no tuition for California residents, military personnel and dependents stationed in this state for less than one year. For others the tuition is $107.40, though 75% tuition assistance is available to qualified military personnel, if DA Form 2171 is completed by March 30, 1976.

Naval Regional Medical Center will be offering a six week Emergency Training-1 course from April 7 to May 12, 1976. Classes will be held on Wednesdays from 8a.m. to 4:30p.m. The program is open to all military personnel; however, priority is given to hospital corpsmen and nursing personnel involved in ambulance runs. Certification from California is offered upon course completion. For information or to enroll, call Autovon 885-2237 or write for a special request sheet to NRMC, Education and Training, Bldg 105, Oakland, CA 94627.

U.S. Government Printing Office, 1975 Jacket No. 690-081, Print Order No. 29

Star Presidian

Volume 19, No. 12 | Presidio of San Francisco | Friday, March 26, 1976

Creature from the blue lagoon

See pgs. 4 - 5

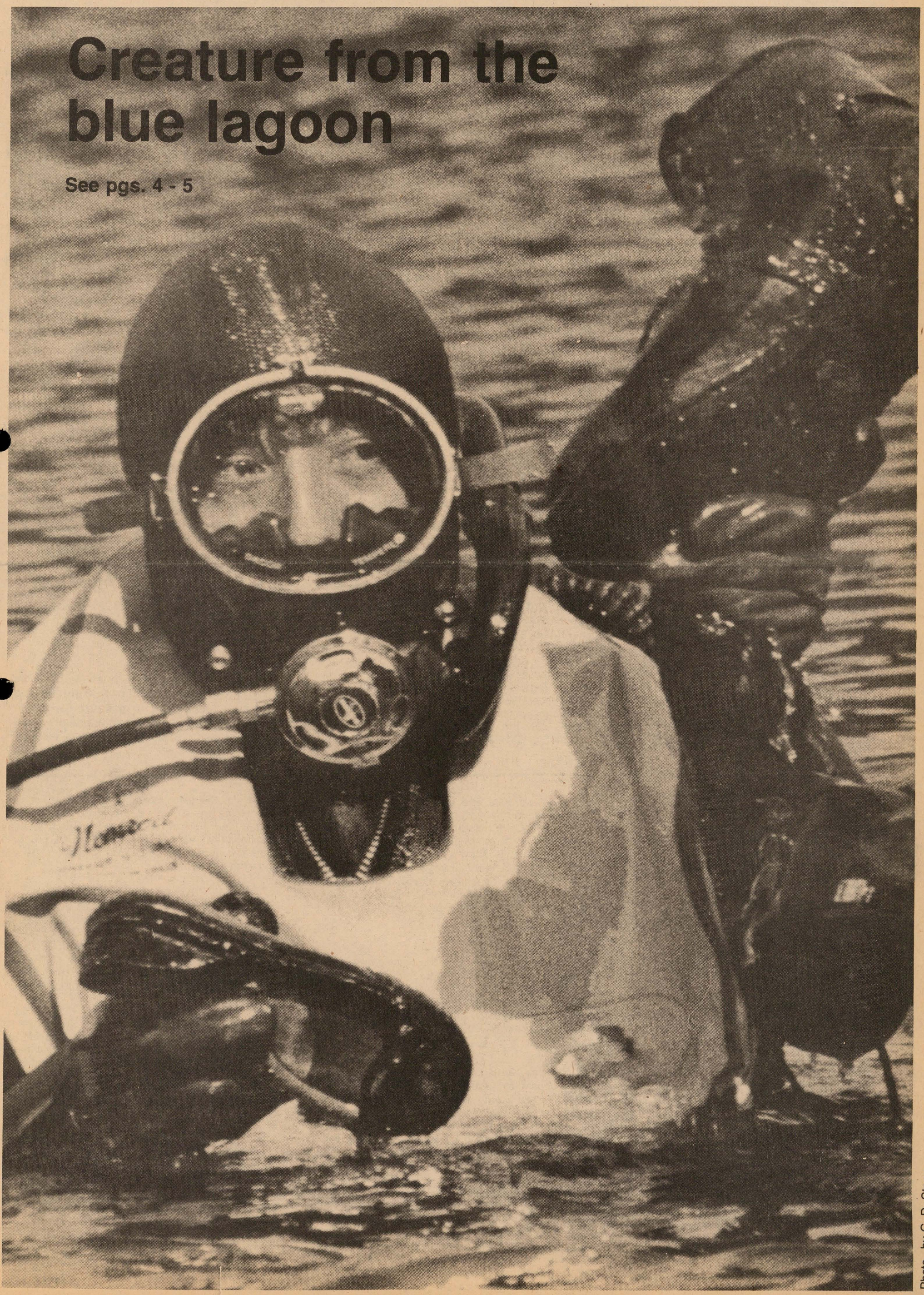


Photo by C. D. Steen

What's THE BUZZ?

DMR

"Green Grocer" to visit LAMC Women's Club

The Letterman Women's Club April luncheon will be held at the Presidio Officers' Club on Thursday, April 8. Sherry will be served at 11:30 a.m. with lunch at noon. Cost is $3.75. The guest speaker will be Joe Carcione, "The Green Grocer", who appears daily in the San Francisco Chronicle.

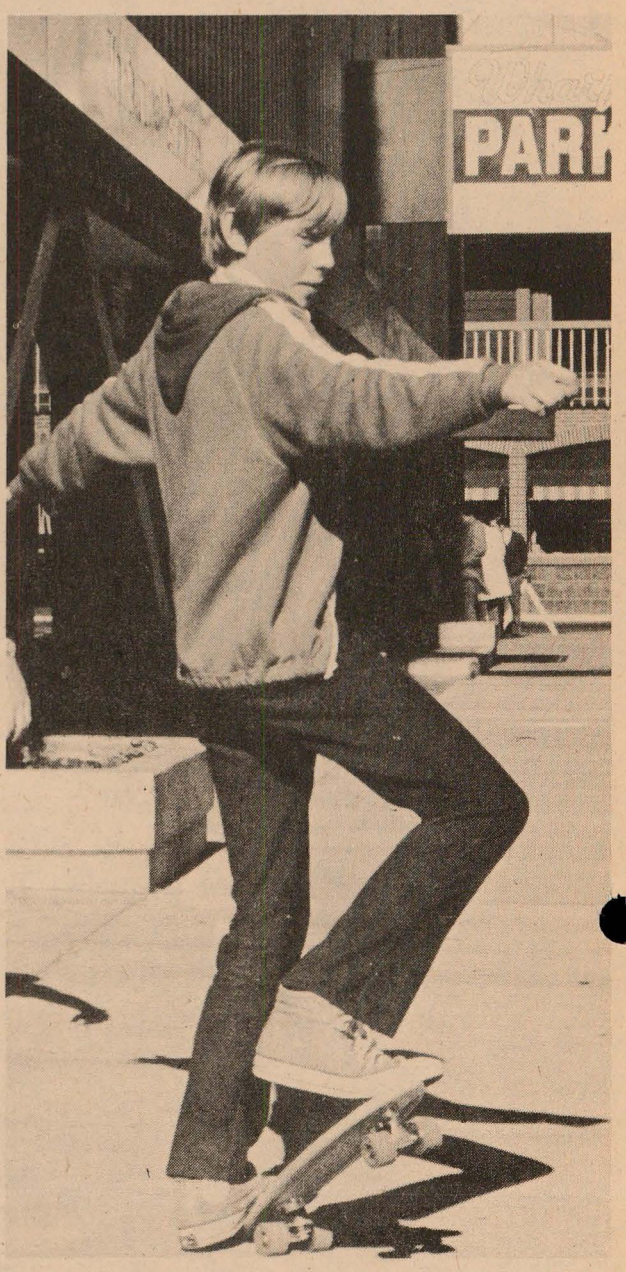
Hostesses for the luncheon are the wives from LAIR (Letterman Army Institute of Research) with Mrs. John Canham as chairwoman. Reservations must be made by noon Tuesday, April 6. In San Francisco phone Mrs. Michael Lessin (Cathy) 561-3542; in Marin call Mrs. John Jolley (Betsy) at 388-9589.

All-Army Festival of the Performing Arts

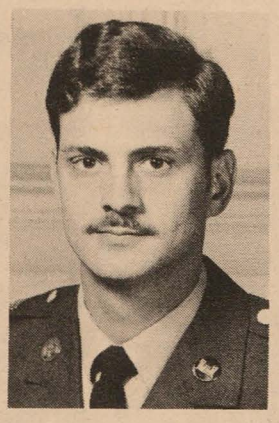
The All-Army Festival of the Performing Arts will present outstanding Army performers at the John F. Kennedy Center For The Performing Arts in Washington, D.C., in June. Active duty personnel may appear in any type of talent category, ranging from vocal soloists, instrumental soloists and groups, specialty acts or dancers to dramatic readings.

The local level of the Festival is being conducted by the Music and Theatre Branch of Recreation Services. Entries from the Presidio are being incorporated into the production of "Sweeney Todd the Barber" at the Presidio Playhouse and will be seen by judges from FORSCOM at the performance on April 17 and by judges from Department of the Army on May 21.

Performers chosen will go to Washington from June 19-28 for rehearsals and performances at the Kennedy Center. Interested performers should contact the Music and Theatre Branch at 561-3992/5897.



Wheeled feet, **otherwise known as skateboards should clatter right off the Presidio, according to a source with the MPs. Skateboards are illegal on this post. Alas, no more broken elbows.**



Soldier of the month

PFC Tinneth A. Thompson, D Company, 864th Engineer Battalion, is the Presidio Soldier of the Month for March 1976.

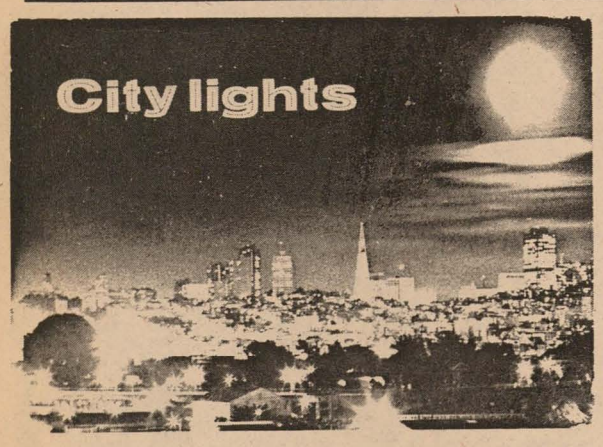
Children's Easter Egg Hunt

With the coming of Spring, all children should be looking forward to the Annual Youth Activities Easter Egg Hunt which will take place at El Polin Springs Picnic Area (end of MacArthur Avenue), April 17, at 10 a.m. All school age children through 6th grade are invited to attend. Children must be dependents of active duty or retired military personnel. Eggs, prizes, and refreshments will be available for this gala event.

Creations Unlimited show

Creations Unlimited will present a special program and Open House Wednesday, March 31, from 10 a.m. to 2 p.m. in Bldg. 911. Mrs. Barbara Edsall and Mrs. Gail Waibel will demonstrate the Pueblo Indian pottery making technique. Photographs and completed pieces of the hand-built pottery will be exhibited. Creations Unlimited, at the corner of Mauldin and McDonald, PSF, is the Presidio's boutique, gift shop, and gallery. The talent search continues for artists and craftsmen to exhibit their original work. Call Ext. 4351 for information during the hours of operation—Tuesdays and Wednesdays from 10 a.m. to 2 p.m.

Expectant Parent Classes will be given at Letterman Army Medical Center on six consecutive Thursdays starting April 1 and ending May 6. Classes will cover care during pregnancy, care of the mother after delivery, labor and delivery and care of the newborn. Classes will be given at Letterman Army Medical Center, Professional Staff Conference Room, third floor from 7 to 9 p.m. All expectant parents are invited to attend. For registration, call the Community Health Nurse at 561-2003 or 561-4994.



Friday, 26th For you hermits, in case you didn't know, spring is here and Maiden Lane is welcoming the muddy season with a flower festival including daffodils and flowering branches. The two-block lane runs east from Union Square.

D. W. Griffith's silent epic, "Intolerance" (1916) with a cast including Lillian Gish and Erick Von Stroheim, is showing at Avenue Photoplay, 2650 San Bruno Ave., tonight at 8:30 p.m. The classic film will be shown at the original slower speed, and will be accompanied by Bob Vaughn at the Wurlitzer Theatre Pipe Organ. Admission is $2.50.

Saturday, 27th Does the traditional oriental combination of power and grace fascinate you? Then stop by the Presidio Recreation Center tonight at 7 p.m. and witness the Karate demonstration as performed by students of the Rietenbach Institute of Taekwon-Do.

Sunday, 28th You can continue your trek into the past by visiting Roaring Camp and Big Trees Narrow-Gauge Railroad in the Santa Cruz Mountains at Felton. The one hour train ride combines the charm of an old-fashioned excursion train with the past and present beauty of a redwood forest. Train rides are noon, 1:30 and 3 p.m., Saturdays, Sundays and holidays.

Monday, 29th Master paintings from the Hermitage and State Russian Museum, Leningrad, on display at the California Palace of the Legion of Honor, offer a rare opportunity to see forty-three Russian Masterpieces first hand. The Soviet Union lent these masterpieces to the United States for the first time in honor of the Bicentennial. Hours are 10 a.m. to 5 p.m. Tuesday through Friday, and 10 a.m. to 10 p.m. Saturday, Sunday and Monday. Admission is $1.00 adults, 50 cents students and senior citizens, in addition to the museum's entry fee.

Tuesday, 30th "White Dwarfs and Black Holes" is the new show at Morrison Planetarium, California Academy of Sciences. The show will also include an explanation of neutron stars, pulsars and quasars. The Academy is open 10 a.m. to 5 p.m. daily, and admission is 50 cents adults, 25 cents students. Children and senior citizens are free.

Wednesday, 31st If you've been waiting for a chance to see one of those talked about hang gliders up close, now's your chance. Tonight at 7 p.m. at the Presidio Recreation Center there'll be a glider, a movie and experts to answer any questions on how insane you must be to take up the sport.

Thursday, 1st Beginning tonight, each Thursday will be Soul/Rock night at the Main NCO/Enlisted Club, featuring "Orphanage," "Black Magic," "Just Music" and "Future Shock" during April. The club is open Wednesday through Saturday and offers a variety of live entertainment.

Tomorrow night will mark the transfer of Country Night to the Log Cabin Annex with the "Redwoods" as the kickoff group. The "Country Edition" will play April 9, 16, 23, and 30.

Star Presidian

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Colonel Warren J. Lodge, commander
Major Michael J. Williams, public affairs officer
Sp4 David M. Ruff, editor
Sp4 Carol Cronin, reporter

The lemon-buyers' guide

Watch out for Honest John

By Carol Cronin

So you want to buy a simple used car that will last you years and will need next to no repairs, and is dirt cheap. Give up! Those stories friends told you of two-hundred-dollar junkers that are running better than most new cars are either exaggerated or one-in-a-thousand flukes. The only way to approach buying a used car is with common sense, a realistic attitude, and a huge grain of salt.

You may as well reconcile yourself to the fact that in order to avoid falling into the sucker category, you're going to have to invest some time. Shop around. Don't settle for a possible good deal with a dealer whose sales methods you suspect. Check into the best financing possible, and find a reliable mechanic to give you a mechanical estimate as a final safeguard when you've tentatively decided on a particular car.

How do you know which dealer to trust? Don Sutton of Don Sutton Motors said, "The biggest mistake many customers make is to generalize. They make blanket judgments as to what type of dealership is trustworthy and then either blindly trust or suspect a particular dealer." However, although each dealer should be judged independently, according to the 1974 Edition of the ASC Guide to Best Buys In Used Cars, there are certain generalizations that tend to be true of franchised used car lots, versus independent, versus private owners.

Franchised lots tend to be the safest deal. They have a reputation to protect and so usually offer the best warranty, have mechanically sound cars, and have the facilities to deal with any mechanical problems that may arise. Of course you pay for this extra protection by paying a premium price.

Independent dealers are more risky, although there are some that offer service as good, if not better, than franchised lots. This is where getting the full scoop on the warranty, service after purchase, and the mechanical diagnosis is important. If you take sufficient precautions, you may well get a better deal than at a franchised lot.

However, you also stand a greater chance of buying a spruced-up, but worn out cab, police car, or rental. Over 10 per cent of the used cars sold in the U.S. fall into this category, and the majority of these are sold through independent used car lots. You can usually spot this type of car by a new roof if it was a cab or police car, or drill holes under the dashboard if it had a meter.

Independent dealers in small towns tend to be more reliable than in the city because they depend on repeat business. If you find an apparently good deal at an independent lot but aren't sure of its reputation, you might call the Better Business Bureau to see if there have been any complaints or suits against that particular dealership.

The best possibility of a good deal is with a private owner, but you take all the responsibility on yourself. There is no guarantee whatsoever that the car won't fall apart. Of course you shouldn't buy it anyway unless you diagnose it mechanically yourself, or have it done by a professional. Corncerning this, Don Sutton said, "Get the mechanic's evaluation of the car's condition, but don't ask him whether he thinks it's worth the price asked. He'll very likely be discouraging. You yourself have a better idea what that particular car is worth to you, and its worth on the market, because you've been pricing cars more recently than the mechanic. Don't lean too much on him."

Keep in mind that there is a greater chance that a private owner would be selling a stolen car, or one without a legal title (which could mean that someone other than the seller has a legal claim to it.) A million cars are stolen each year in the United States. Beware of new locks and late-model cars with a fresh paint job but no repair work. Check vehicle identification number plates for signs of tampering or of having been replaced. If you buy a stolen car and it is traced to you, the loss is yours.

Roy Yoshida, sales manager of Toyota of San Francisco, mentioned a misconception that some people living in the city have. Since taxes are lower in the surrounding Bay Area communities, people sometimes buy a car in one of these, thinking they are avoiding the city tax. But if they are a legal resident of San Francisco, the State of California Board of Equalization will catch up with them when they do an audit of the car dealer. These audits are done every three to five years, and the car purchaser will then be mailed a bill from Sacramento.

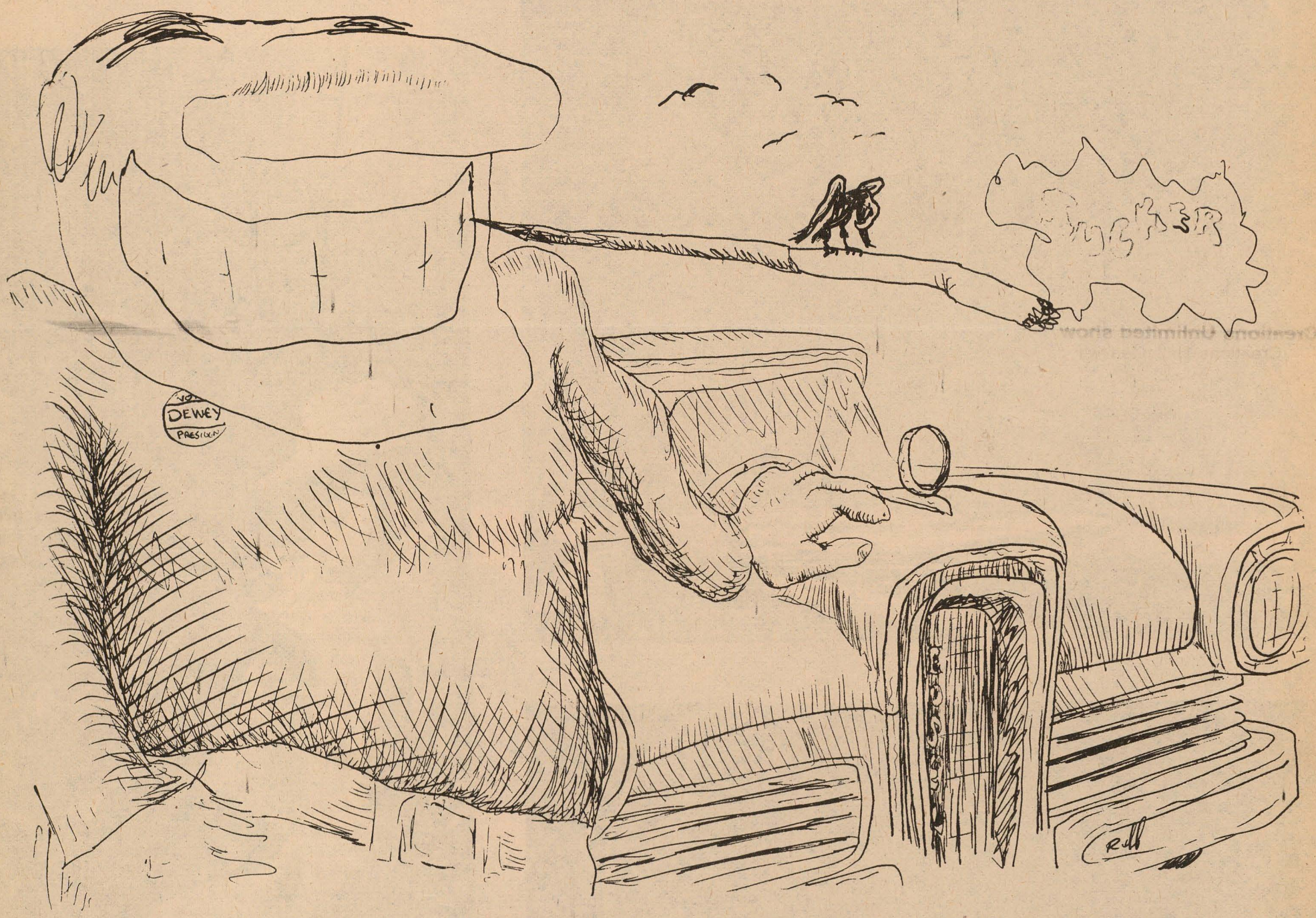
And what about credit once you've closed a deal on the car you want? Credit unions are often a good alternative, especially for the young soldier who hasn't established his credit yet. Miss Wendy Winchester, Assistant Manager of the Presidio Federal Credit Union said, "The credit union is a good way to establish credit, since it isn't held against you if you haven't bought anything on credit previously. Auto loans are open to all ranks depending only on ability to pay as determined by income." The credit union will finance 80 per cent of low blue book value on luxury cars, or 85 per cent on economy cars.

You are better off if you can wait until you have a down payment of 30 per cent of the total cost, because then you qualify for a 9 per cent annual loan. Otherwise the interest is 12 per cent annually. Miss Winchester estimated that most banks charge interest from 18-24 per cent or even higher. She said it is rare to beat a credit union loan unless you are a preferred customer. The credit union will finance a party-to-party sale according to their own appraisal of the car.

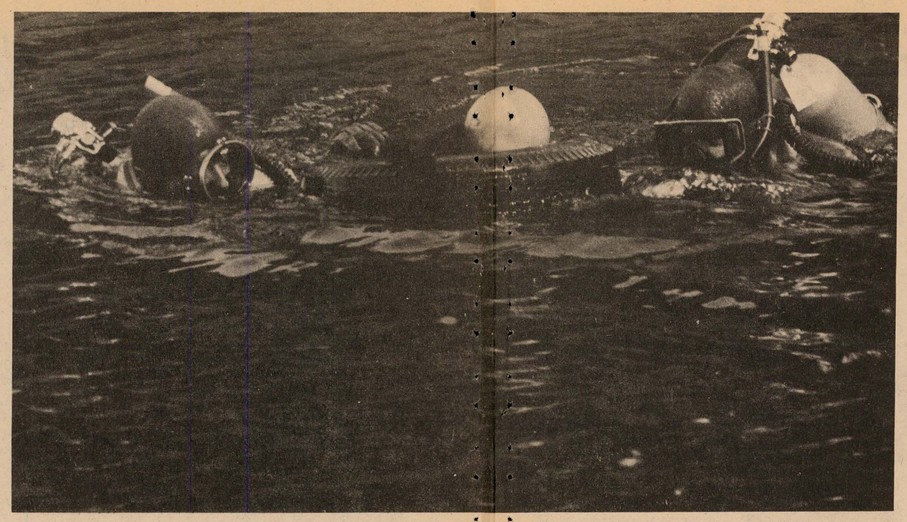
The ASC Guide also mentions financing. It advises against going through the dealer because of consistently higher interest rates. Borrowing on a life insurance policy results in low interest, but if you die while the loan is in effect, your beneficiaries will get little or nothing.

Many lenders, except credit unions, penalize you for paying the loan off ahead of schedule. Most use the "sum of the digits" rebate which means that if you pay the loan off ahead of time, you will only be reimbursed for about one-half the finance charges you would expect to get back.

Don't give up on buying a used car, but check into everything so that you won't have any regrets.

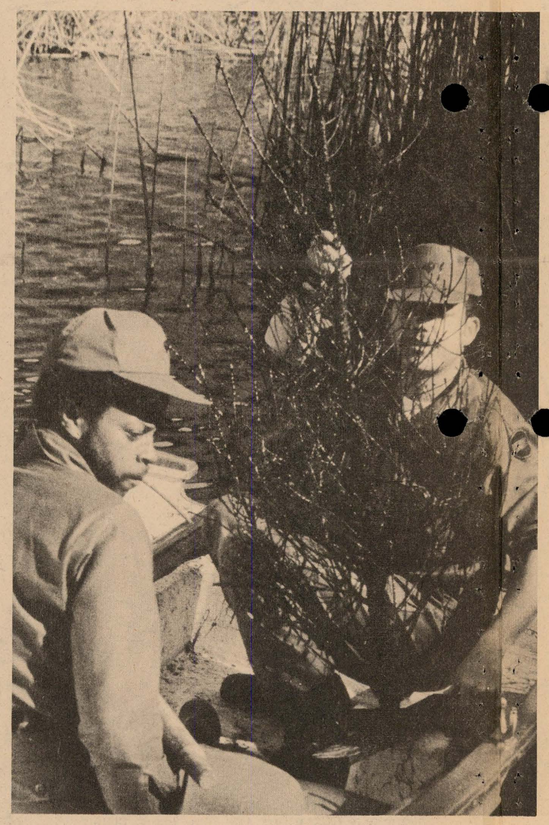






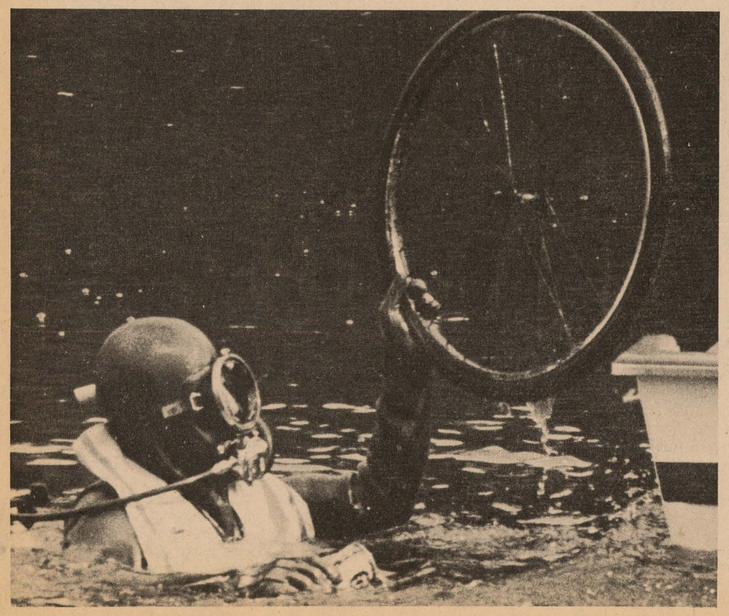


Trashin' at Mt. Lake



The mud, the cans and the scuba club

Photos by C. D. Steen



Photos:* (clockwise from top left) *Sgt. Rick Vade Bon Coeur, 170th MP Company, shovels shore-line debris during a break from his scuba chores.* Presidio Firemen Russ Ferrell and Al Coon tugboat a floating tire, loaded with debris from the far side of the lake, to a pickup site. *A toy boat, brought up from the deeper part of Clear Lake is playfully pushed ashore by the 548th Ordnance Detachment (EODC) Sergeant Major, Roy Kaiser.* A large tree branch is dragged ashore. *A Christmas tree was one of many items loaded into a boat used for the lake's cleanup.* Specialists Robert W. Davis, left and Dale C. Dupree did the oar-pumping. *One of the eight divers brings up a perfectly good bicycle tire.



By Carol Cronin

What do a juggler with one juggling pin, a barefoot hiker and a thirsty lawn have in common? They all lost something in the bottom of Mountain Lake.

Last Wednesday, in the annual spring cleaning of the little lake, eight divers from the Presidio Divers Club, *Conquistadores del Mar*, brought up a juggling pin, a pair of almost new hiking boots, a sprinkler, a frisbee, fishing tackle, toy boats, trucks, and graders, bicycle tires, a purse, notebooks and tennis and golf balls by the tens, in addition to beer cans, muck and enough other garbage to cover the bed of a dump truck.

The team of divers, a majority of them trained on the Presidio, brought the refuse to shore, where a four-man detail from the 16th Base Post Office carted it to a 5-ton truck driven by two men from the 864th Engineering Battalion. By the end of the day the truck had a substantial load.

The 15-foot lake gave two members of the dive club, who are also firemen, a chance to try underwater rescue techniques. Channels 2, 3 and 7 and a photographer from the Examiner were on hand to witness the muddy festivities.

The cleanup was initiated as a cooperative effort between the Richmond District and the Presidio community. The last cleanup was in 1974 and an informed source says, "This cleanup will occur every year or two as long as there is interest and as long as there's a problem." Although the engineers make periodic trash removals of the grounds, the lake bottom cleanups are occasionally necessary.

Perhaps people use the lake as a garbage can because of the Richmond area legend that it is bottomless.

Cafe coronaries: an excuse to hug a friend



Picture this situation: Bob, Carol, Ted and Alice are dining out in a restaurant, enjoying good conversation with their food. Amid the chatter and laughter, Bob suddenly becomes quiet. A look of panic comes to his face, his eyes wide open in terror.

In a few seconds, he falls to the floor without a word. His startled companions, stunned at this development, run for medical help, assuming that Bob has had a heart attack. The patient unable to talk, cough, or breathe, slowly turns blue and loses consciousness. A few minutes later, he is dead. Bob is the victim of a "cafe coronary."

Cafe coronaries, however, do not result from heart disease. Medically speaking, they result from food asphyxiation which blocks the airway passage. About 2,500 people die each year from cafe coronaries because bystanders don't know how to diagnose or treat the situation.

Cafe coronaries may result when a person attempts to swallow a large or improperly chewed block of food. If this mass of food sticks in the throat, it may block the respiratory passage and lead to disaster.

If you suspect someone is having a cafe coronary, immediately ask him "can you speak? Talk to me, say anything!" The true heart attack victim can usually speak or cough. The cafe coronary victim, though fully conscious, cannot speak because of the food blocking his throat. This is a medical emergency and you have to move fast. There is no time to get help.

Simply, you have to get out the food blocking the respiratory passage. Don't attempt mouth to mouth resuscitation. This will only drive the food deeper into the throat. (No deep throat jokes, please.) Don't pound on the victim's back. This will not dislodge the food obstruction.

Instead, step behind the victim and wrap your arms around his waist. Holding him with his body tilted forward, sharply press your locked forearms into his upper abdomen, allowing him to slump forward with his head and arms dangling. If necessary, do this procedure repeatedly.

The sudden pressure applied to the abdomen compresses the remaining trapped air in the lungs and the food obstruction is blown out with force. Be sure to check the victim's mouth and throat as you do this procedure to see if the obstruction has moved to where you can grasp it with your hand.

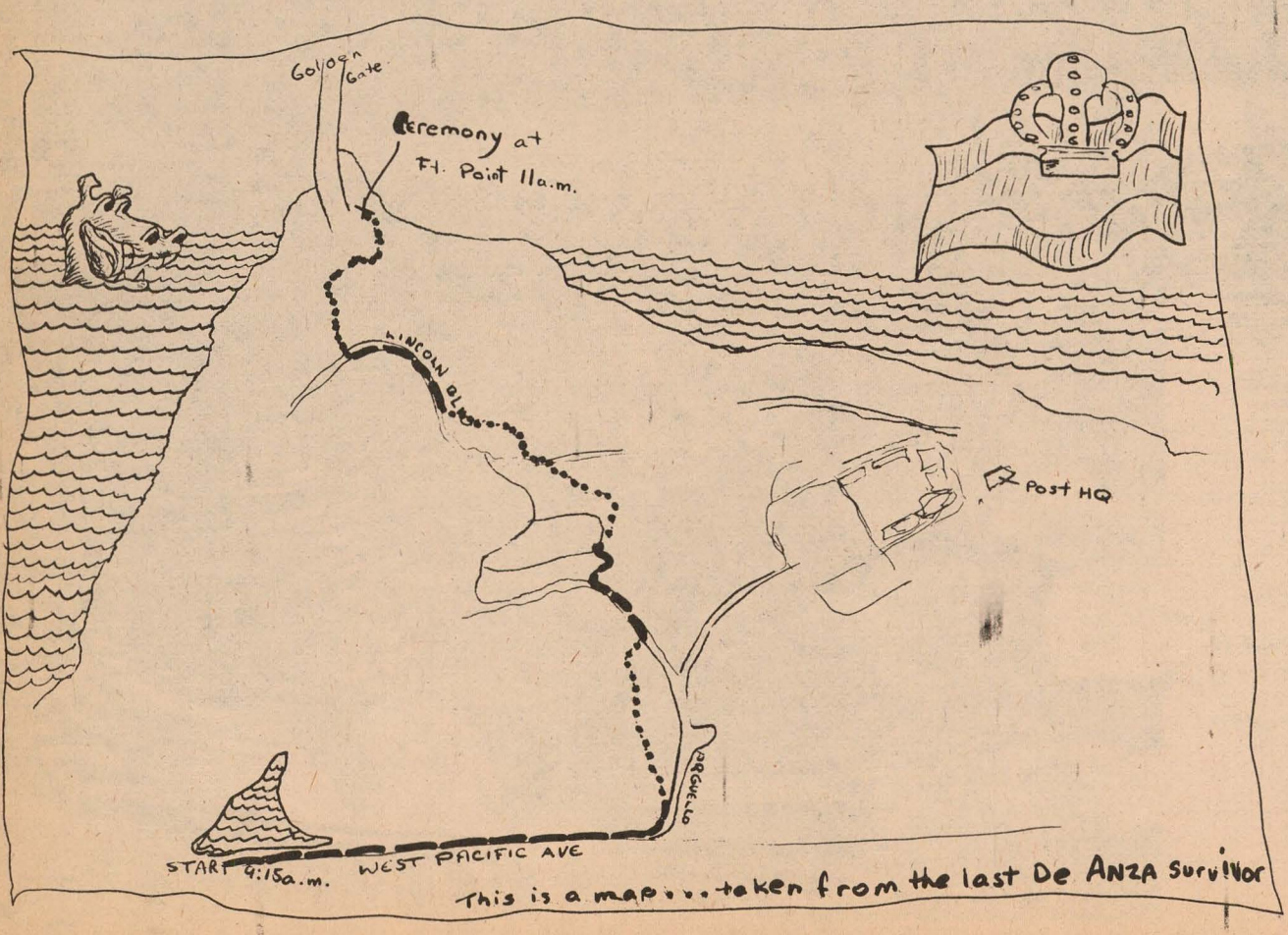
A person who is alone and chokes while eating should apply sharp force just below the diaphragm by falling against a table edge or over a sink.

After the immediate crisis has passed stay with the victim while you send for medical help. Consider treating for shock or a broken rib (which may result from your life-saving maneuver).

Remember, cafe coronaries are deadly. Determine if the victim can speak. If not, do your thing quickly. Lack of oxygen leads to brain damage in 4 minutes. If it's for real, you are the only one who can save his life.

from the CADUCEAN

200 year-old trek reenacted here Sunday



A group of "Spanish" horsemen in full regalia, led by Lt. Col. Juan Bautista de Anza, will appear at the headlands above Fort Point on Sunday, March 28 at 11 a.m., in a reenactment of the founding of San Francisco exactly 200 years ago to the day.

The horsemen will begin Saturday, March 27, at the San Francisco city/county line near Westlake, ride north along the ocean beach to Golden Gate Park, east through the park to Park Presidio Blvd., and north again to Mountain Lake Park at the southern edge of the Presidio. They expect to arrive at Mountain Lake at about 5 p.m., then make camp for the night.

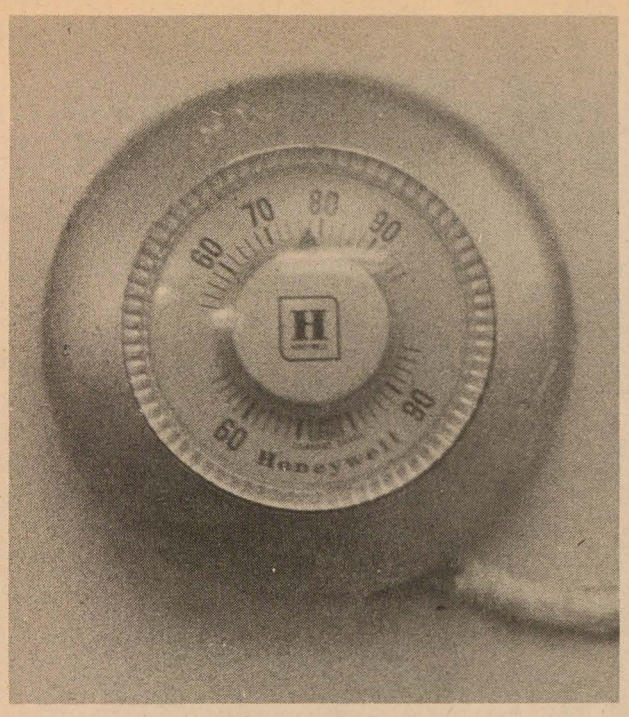
They will ride to Fort Point the next morning for the 11 a.m. program which will include the raising of a wooden cross, again in the 200-year-old footsteps of Anza and his troupe.

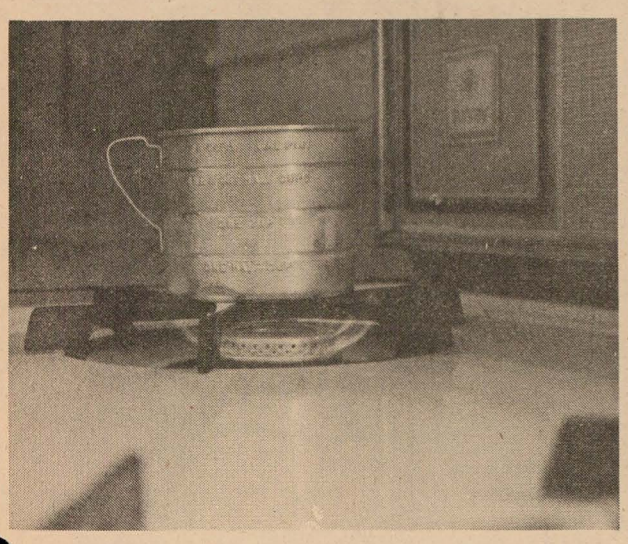
The reenactment will be as historically accurate as possible based on the historical journals of the trek.

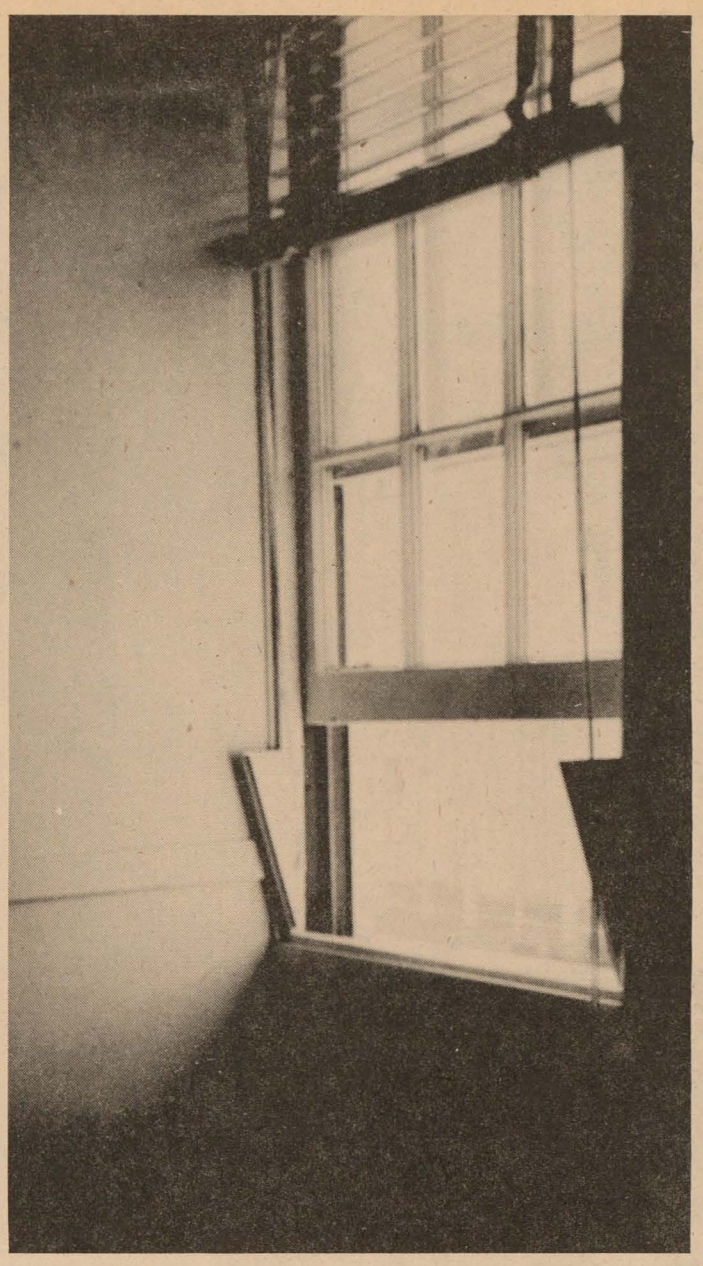
All members of the de Anza party will be equipped with accurate reproductions of the uniforms worn by the Spanish soldiers, including leather jerkins, shields and swords.

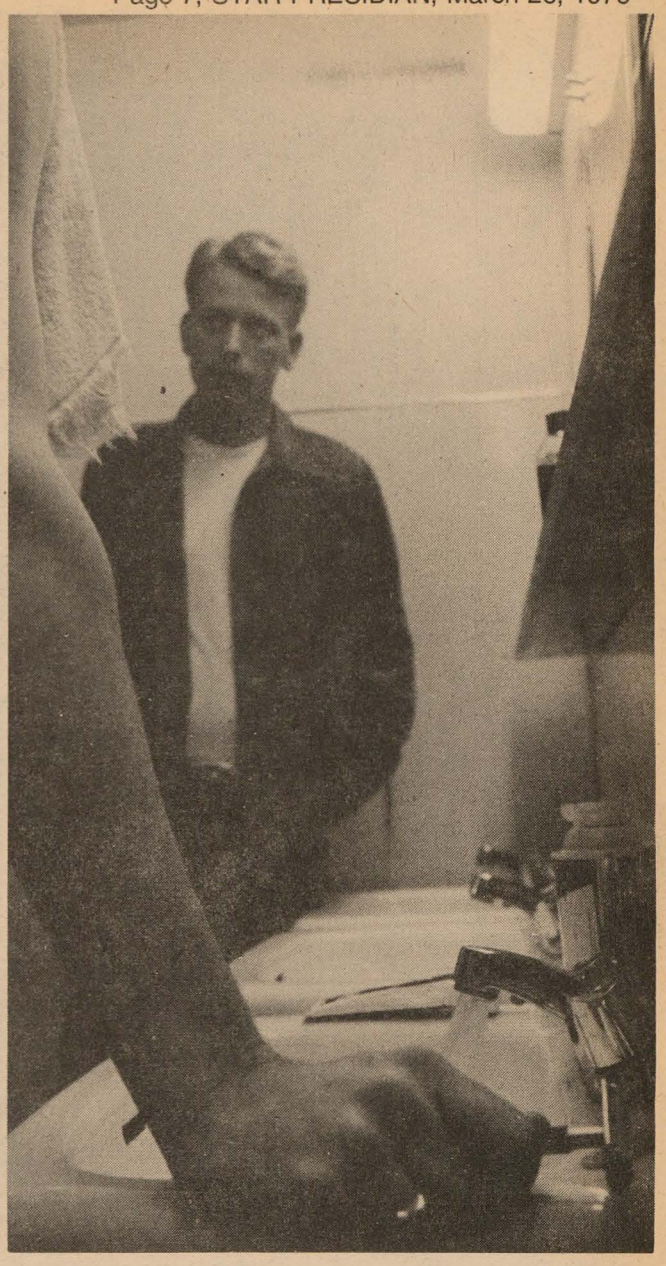
The public is invited to view this historic occasion from the Fort Point grounds or other vantage points in the area.

Free shuttle busses to the site of the reenactment will be operating from the Pesidio bus terminal every 15 minutes from 10 a.m. until 1 p.m.









Energy wasters

Photos by C. D. Steen

Our roving (some say raving) photographer, C. D. Steen, took a short stroll around campus Wednesday to pick up some pointers on energy conservation. Here's what he found: (Clockwise from lower left) *A small cup of* unidentifiable soup cooking with enough gas to boil a kettle-full. *An office thermostat* (in the S.P. room) set at a withering 77 degrees, instead of the regulation 65 degrees. *A breezy window* is an inefficient cooling method, when the heat could be turned down. *Hot shaves in the morning* are fine, as long as the water doesn't run for 20 minutes.

A question of Rape?

When you say RAPE!, for some reason you elicit a number of different reactions. Some people smirk and chuckle nasty-little-boy yuks. Others simply fold prim and proper lips tightly together and "tut-tut" about how "She just got what she was asking for."

Articles appear regularly listing all the "don'ts" a woman should heed. Don't walk along at night, don't wear revealing clothing, etc. If she dares to break any of these rules and becomes a rape victim, well, what did she expect? The "don'ts" were all spelled out for her and she chose to ignore them.

Now, I don't doubt that many of these rules are good ones. Whether a rule is fair or not is hardly the point. You do know not to accept a ride from a stranger and if you do it anyway you should really count yourself lucky to come away with your life, never mind if it's fair or not.

It's afterward, when a woman reports the incident and even later still, when she must face family and acquaintances that the real tragedy very often begins.

Consider, if you will, an attractive man who rushes into a police station and excitedly tells the desk sergeant, "Officer, I've been mugged!"

"I see," the policeman says calmly, reaching for a form. "We'll just fill this form out. Now, where did you say the 'alleged' attack took place?"

"Alleged. . .alleged. . .what do you mean 'alleged' attack? I tell you, I was mugged."

"Please, Sir, if you'll just calm yourself. We have to establish the fact that a crime has been committed. Now, where were you?"

"Yes, of course. Well, I was walking my dog on Turk and Polk and. . ."

"Turk and Polk? Don't you know that's a very secluded area of town? What time did this 'supposed' attack take place?"

" 'Supposed?' Well, it was about 11 o'clock, but I don't see what. . ."

"I see. Walking alone in a lonely area, in the middle of the night. What were you wearing?"

"Wearing? Now see here, I've just been through a harrowing experience. I don't see the connection at all."

"Please, Sir. Just answer the questions. Now, how were you dressed?"

"Well, I suppose I had on the suit I'm wearing now, it just happened. Yes, I was wearing a Fatbucks Bros. Special with. . ."

"I see. You were out alone at night, provocatively dressed. . ."

"Provocative? I was wearing what I always wear."

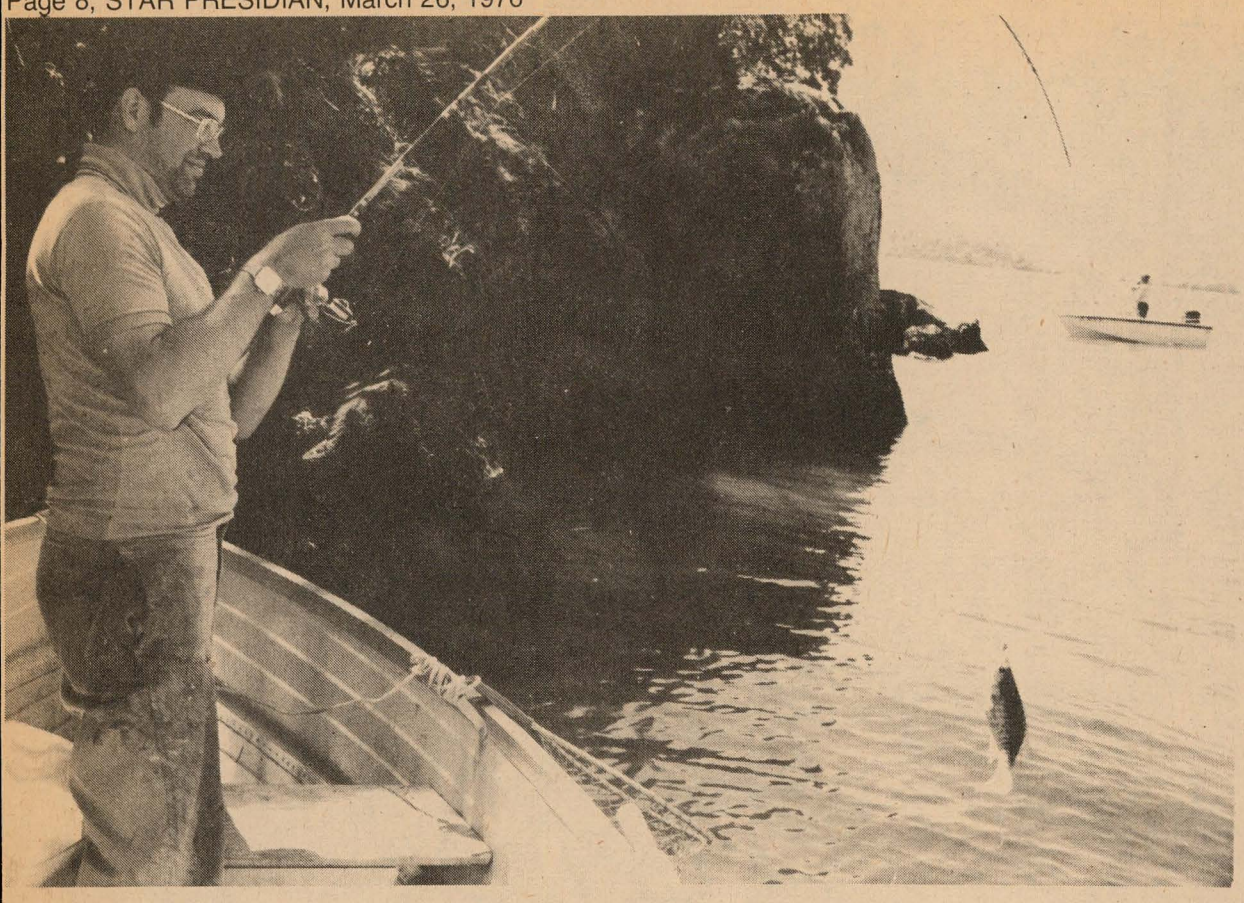
"Oh, I see. You're in the habit of dressing in such a way as to tempt a potential thief. Then, did you know your assailant?"

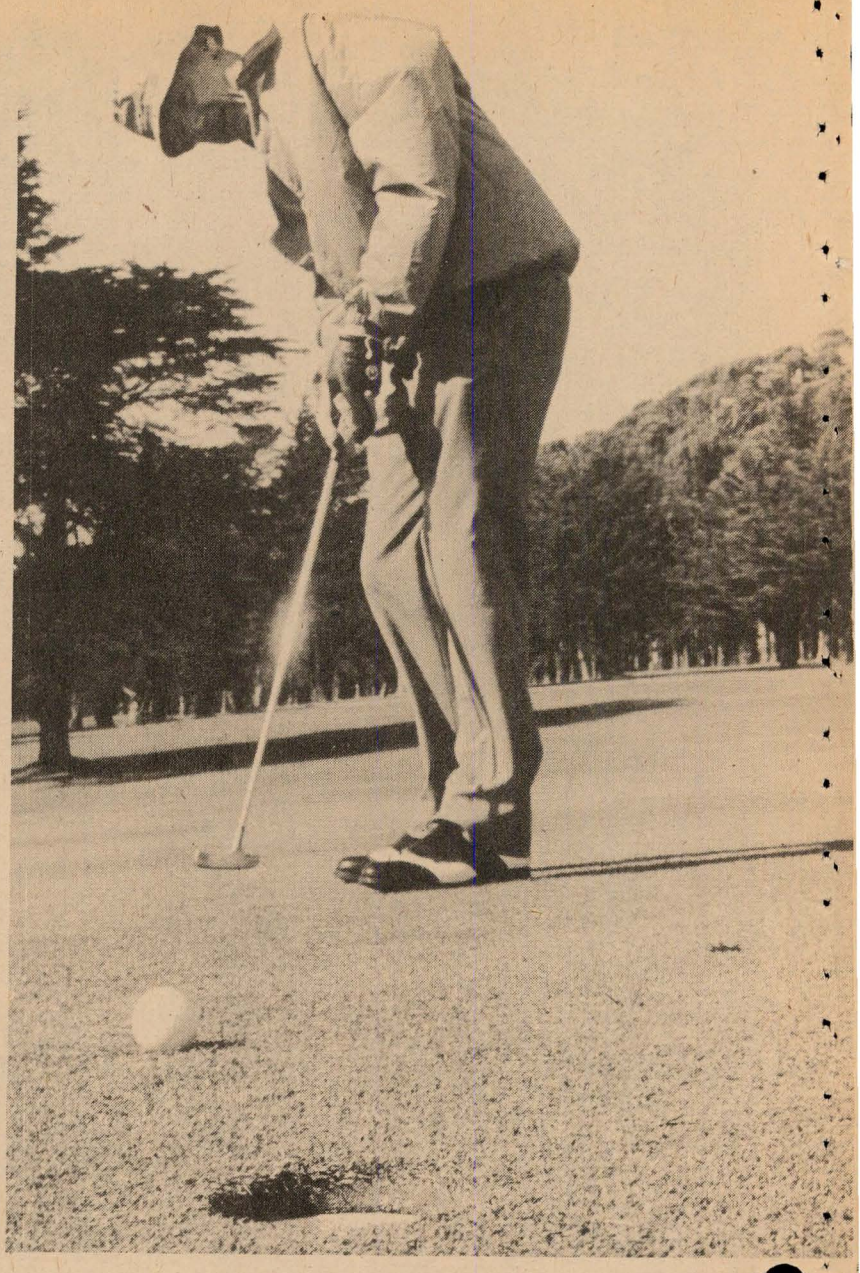
"No, I didn't recognize him. But see here, Officer, I'm the one who's been robbed. Yet you sit there and question me as though it's my fault."

"Please, PLEASE, Sir, don't get emotional. If you'll just stay calm, we'll act as soon as we can be sure that a crime has been committed. Now, where did he hit you? Have you been beaten? Maybe you'd better get ready to get undressed while I call a doctor."

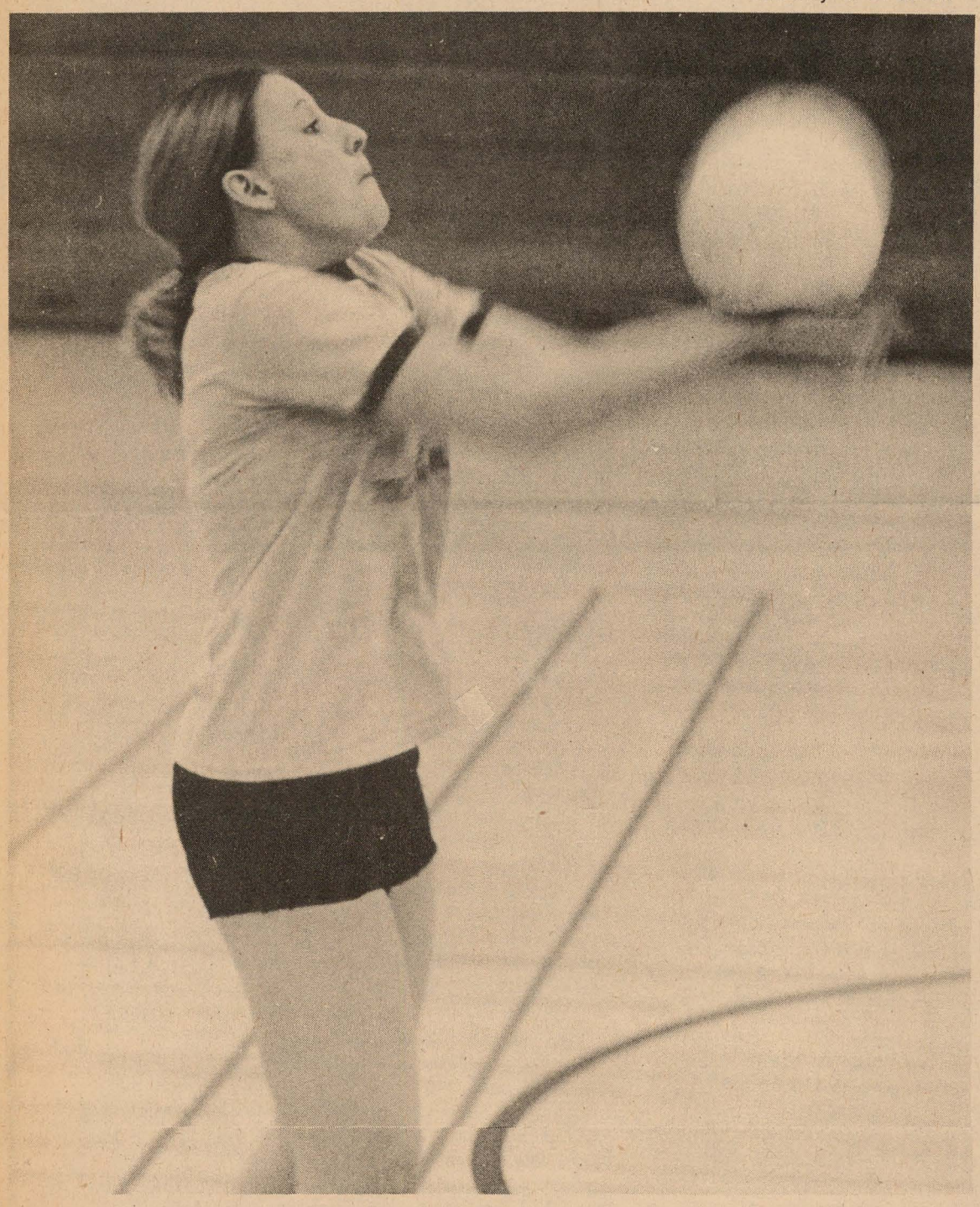
"Be sure there's a crime? I've been robbed! Undress—are you crazy? He had a gun. I gave him my wallet, my watch, anything he asked for. I didn't want to get hurt."

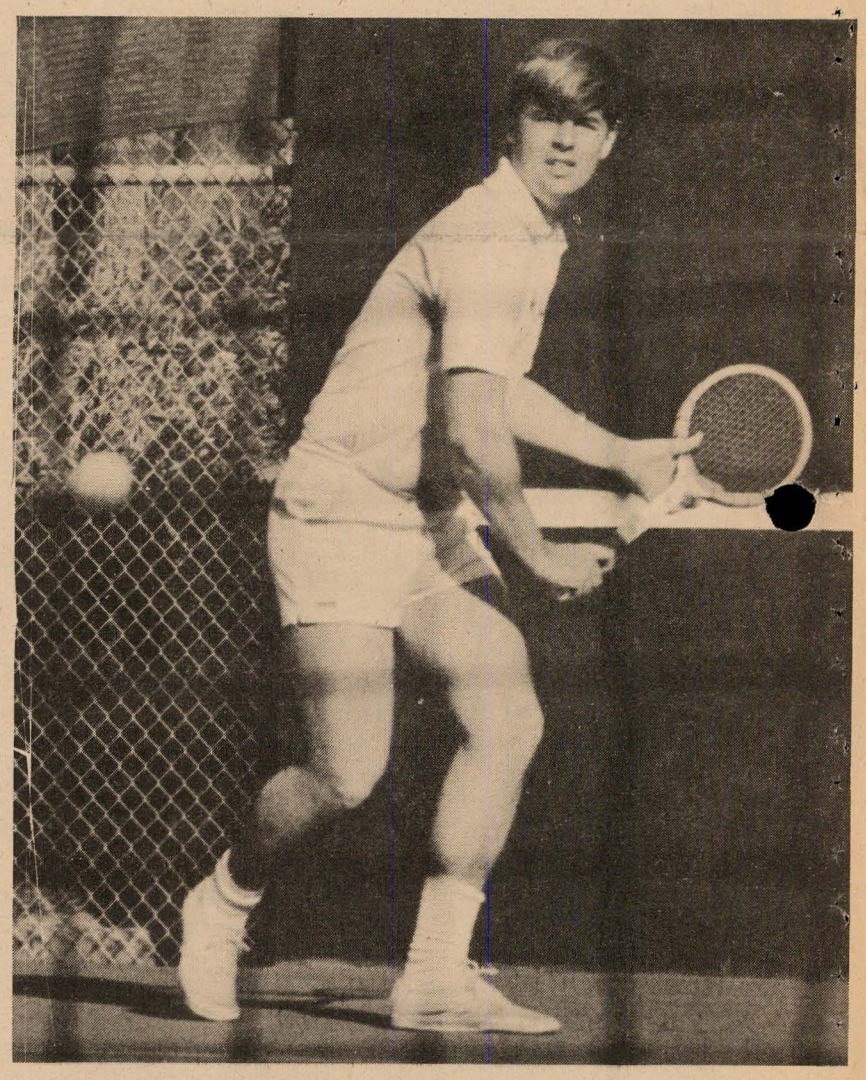
"Well now, this puts everything is a little different light. You just handed it over without any struggle at all, huh? You don't have any bruises or contusions? Sir, can you prove that you were actually robbed at all? Maybe you gave the money to your girlfriend and you don't want your wife to find out. Or you lost it in a poker game, is that it, huh? Or maybe. . ." **RAPE!** From the CADUCEAN





Photos by C. D. Steen





S.P. spring sports salute

LAIR punches ahead in Volleyball

Net whompers, back-handed spikers and forehead smashers have converged on the post gym for the annual volleyball season. The Presidio league has eight teams and the Fort Scott league has seven.

Each team will meet each others team twice, in a double round robin tournament. LAIR (5-0) leads the Presidio league, followed closely by Support Element (4-0). Trailing farther behind are OARB, LAMC, USAG, and 504th MP Battalion. Vying for a spot in the basement are the 402nd MP Company, the 170th MP Company, and D Company, 864th Engineers.

In the Fort Scott league, competition is a lot rougher. HQ, USASA and the Corps of Engineers are in a tough battle for first, both with two wins and one loss. Still in the race but farther down in the standings are WRRC (2-2) and 16th Base Post Office (1-1) with Ref. Lab. (0-2) trailing behind.

Tracksters to tromp all over post

Presidio runners and anyone else who thinks he or she is in shape should show up for the post cross country race, to be held on April 6. The five kilometer course (3.1 miles) has been layed out with loving care by the meanest members of the sports department. Bring some thick shoes.

Tennis tourney

An open division, double elimination tennis tournament will take place this month at the Presidio. The heavy favorite is Clay Bristow of Finance. He can look forward to strongly-contested matches with Bob Molter, Mike Homman, and Mike Faer of 6th Army.

Karate kicks Coming

All stompers and bashers, and any other interested persons can attend a karate meeting at 6 p.m. at Fort Scott on April 1. According to Charlie Tubbs, intramural sports director, certificates of rank should be brought to the meeting.

Practice schedules will be issued after the meeting. An elimination tournament is slated for April 20 at Fort Scott. All active duty personnel assigned to the Presidio are eligible. Sign up prior to April 1 by phoning Charlie Tubbs at 2070/5328.

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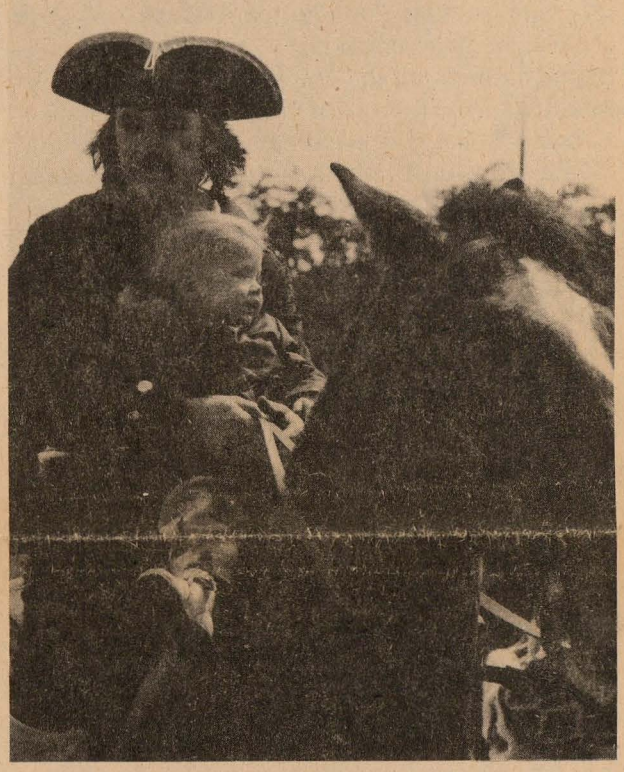
Star Presidian

Volume 19, No. 13 | Presidio of San Francisco | Friday, April 2, 1976



Photo by M. J. Williams





Photos by Randy Butehorn

Gregory McKeag, as Lt. Moraga, **gives a youthful onlooker a view of San Francisco Bay from the saddle. *Father Font (John Sagario)* and de Anza (Dr. Bill Bentham) would undoubtedly appear more amazed if the real explorers saw San Francisco Bay and the surrounding area 200 years after the actual discovery.**

The deAnza expedition treks **through a wooded area on Presidio, enroute to Ft. Point stopping point. Costumes and horse formation are authentic and may have possibly been the route the original expedition took. Only difference, there were no trees 200 years ago.**

Historic trekkers find home

The white banner of the King of Spain snapped in the breeze, held firmly by a mounted frontier lancer. Riding at the head of a column of 20 horsemen and muleteers, a young lieutenant colonel surveyed the countryside. The party moved northward from their base camp at Mountain Lake—their purpose—to erect a cross at the Golden Gate and proclaim the great Bay of St. Francis as an outpost of the Spanish Empire.

This is the way Juan Bautista de Anza arrived in San Francisco on March 27, 1776, after a more than thousand-mile overland trek from Mexico. Yet, the scene just described happened last weekend. How could this be?

In August 1975 Anza's hard ride began anew. Literally thousands of participants reenacted the Colonel's exodus of two hundred years ago. Following the same route, numerous horsemen's associations recreated the epic ride originally made by some 240 soldiers, settlers and priests, all destined to establish a new colony at San Francisco.

Anza concluded his mission with the placement of a cross on the cliffs leveled back in the 1850s to permit the construction of Fort Point. This event, along with dramatization of the entire trek, took place last Sunday at eleven o'clock.

High winds buffeted more than 1,000 onlookers as theatre-in-the-round production kicked off the affair. Recruiting actors, and providing authentic costumes for them proved almost as difficult as Anza's efforts to gather his flock for the proposed settlement. Countless logistical problems had to be ironed out, so many in fact that one wondered if Anza incurred as many problems as had the latter-day planners. The National Park Service, the City of San Francisco, the San Francisco Horsemen's Association, and various staff elements of the Presidio of San Francisco pooled their resources to make the program possible. Finally, on Saturday, the 27th, twenty horsemen made their way up the beach from the San Mateo County line, just as they had two centuries before.

Dr. Bill Bentham, a local veterinarian and nationally known endurance rider, took the role of de Anza himself. Greg McKeag rode as the second in command, Ensign Jose Joaquin Moraga. McKeag was selected because his wife is a direct descendent of Moraga, the first commander of the Presidio of San Francisco. John Sagario looked every bit the part of Father Pedro Font, the expedition's diarist, mapmaker and chaplain.

Despite difficulties, the production ended with few snags. As the crowd dispersed, Charley Hawkins of the Fort Point National Historic Site, and the MPs on duty that day, breathed a sigh of relief. Others joined them, for even though the hard work seemed worth it, everyone was happy that they wouldn't be responsible for the Tricentennial celebration of Juan Bautista de Anza's arrival in San Francisco.

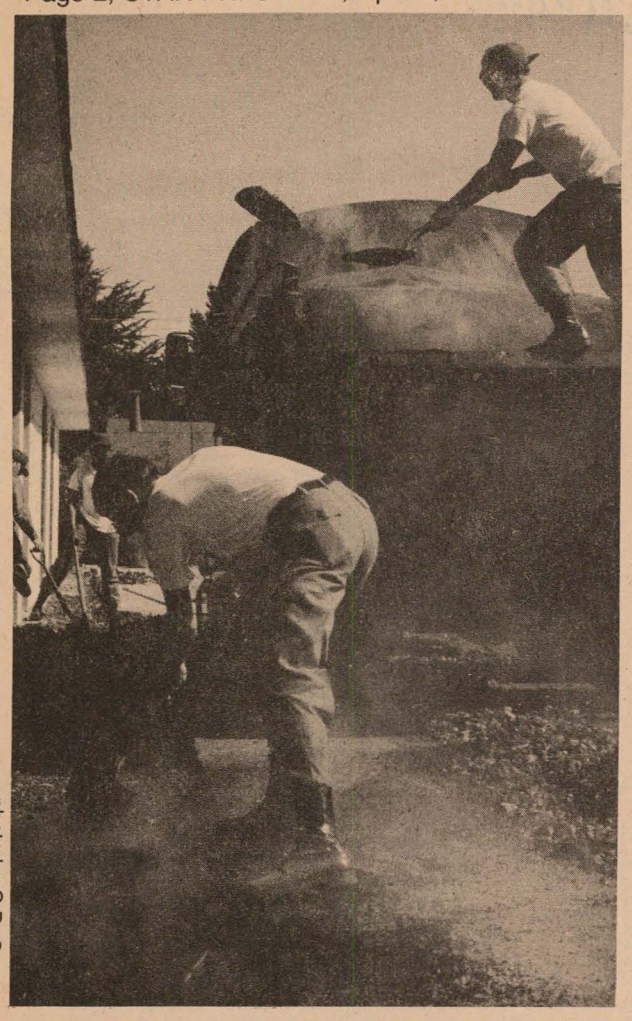


photo by C.D. Steen

***Soldiers from the 2nd Platoon, D Company,* 864th Engineers perform shovel work with cold mix asphalt, as they put the finishing touches on a new drainage ditch in front of the main bus terminal on Lincoln Street. The engineers began the job after bus patrons complained of the large puddles that formed in the terminal area during rain storms.**



LAMC's Rx for larceny

Crime is old hat. Right? Well, if you are about to check into Letterman for a while, you could get your old hat ripped off, or your new wallet. There's no crime wave at LAMC, just the same old problem of tempting targets running into talented fingers. Despite an extensive crime prevention program at the hospital, people still leave their belongings unsecured, and this is the main factor in LAMC's crime, according to Sergeant First Class Fortunado S. Untalan, of the LAMC M.P. Liaison Office.

SFC Untalan says that patients and staff are repeatedly asked to lock up government and private property when no one is around. Many staff members simply put purses, stethoscopes and other prospective booty in unlocked desks while at lunch. In the same light, patients put wallets, purses and jewelry near beds while they are in other rooms. These actions, says Untalan, have resulted in the theft of $935 worth of government equipment and $2663 of private goods since January 1976.

To combat these larcenies, hallways and offices are patroled constantly, especially during the lunch hour and between the hours of 4 and 8 p.m. If an office is found unlocked and untended, the supervisor of that section is notified. Nurses and the hospital TV system also play a crime prevention role. Each patient is given a card on admission stating that valuables should be locked in the Patients' Trust Fund, in the Hospital Treasurer's Office. The TV system carries a recorded warning to that effect regularly, according to SFC Untalan.

No matter how they get the message, patients should take heed. Untalan says that claims to compensate for money or goods stolen from unlocked desks, night tables, and all the other targets of the professional thief who seems to be haunting LAMC, will be looked at very critically by the claims section, and may not be honored at all.

AER: a friend in need

"O.K.", deadbeat, be outa' this apartment by 4 o'clock or I'm callin' the sheriff.". . . So you're out on the sidewalk with your wife and three kids. It can happen when you don't have money to pay the rent. What do you do? You see your C.O. and he sends you to the Army Emergency Relief Fund people at Army Community Services. ACS helps people all the time.

They'll also help you if you get robbed, if you don't get your paycheck, if you can't feed or clothe your kids or yourself, or if you have to have money to attend or pay for a family funeral. They sound like good people to know, right?

Well, these good people need your help. The Army Emergency Relief Fund depends on the contributions of soldiers worldwide. This year's fund drive started yesterday. The AER fund came to the aid of more than 33,000 soldiers last year, with loans of almost five million dollars. On the Presidio itself, 179 people were loaned more than $31,000 last year. A good example is the case of a PFC with three children. He purchased a house in a rough section of San Francisco and found his wife and children the subject of harassment and danger. An AER loan helped him move across the bay. Another example of the sort of emergencies that AER loans were set up for, occurred when a Presidio soldier's house burned down. He was saved from a long, cold night when he received a loan/grant of $1200 to get clothing and temporary quarters for his family.

Loans from the AER section are payed back, without interest, by Class E allotments from a soldier's monthly pay. Says Mr. Robert L. Nightingale, head of Army Community Services, "These funds come from Army members, and they go to Army members. Without voluntary and enthusiastic contributions, the program cannot be a success". The STAR PRESIDIAN will just add that all contributions are tax deductible.

Community Citizen of the Month

The Presidio Community Citizen of the Month Program is governed by PSF Regulation 672-2. Under this program, one individual, military, civilian or dependent, who has contributed time and effort to enhance the quality of life or working conditions on the Presidio, is selected and honored on a monthly basis. Contributions may be in any area, to include outstanding support to Presidio community programs, ecology and fuel conservation programs, Wives' Clubs special projects and programs, Presidio neighborhood programs, etc.

Any person living or working on the Presidio is eligible for nomination. Anyone living or working on the Presidio may submit a nomination.

Nominations should be submitted on PSF Form 822 and forwarded to the Army Community Service Officer, Bldg. 913, NLT COB the third Wednesday of each month. For further information, call Army Community Service at 561-5057 or 5155.

Rape film and discussion set

A film called "Rape" will be shown at Recreations Services, bldg. 135, at 11:30 a.m., April 7. A panel discussion will be held, with a question and answer period dealing with the subject. All PSF personnel and dependents are urged to attend. Contact Janette Kehoe at 4285 or 2554 for more information.

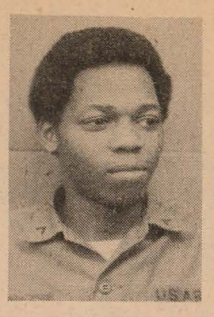
Notes from the high-roller enclave

April showers may bring May flowers, but the Officers' Club brings festivities for the month of April, according to Manager Donald Herington. On Thursday, April 8, "MR. WORLD OF MUSIC" the EDDIE CASH SHOW, show time 9 p.m. for $2.95/Adults and $1.75 for Pre-teenagers. For the "In Crowd," the "Jet Set," and those who just like to dance, every Wednesday the versatile Barbary Coast playing dance music in the Attic, enjoyed by all ages.

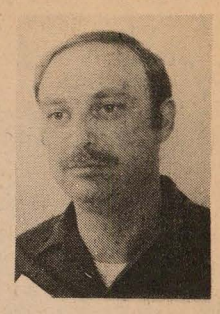
A few more Hi Lites: Easter Brunch and Family Buffet, Dinner Dance every Saturday, Arnie Montano and Hot Shot Sunday, Monday, and Thursdays.

RAMBLIN' SAM

Do you like eating at the mess hall?



Pvt. Randy Folks: "I still think the food could be better. Maybe it's in the preparation of the food. However, I think the services provided and the modern decor are great."



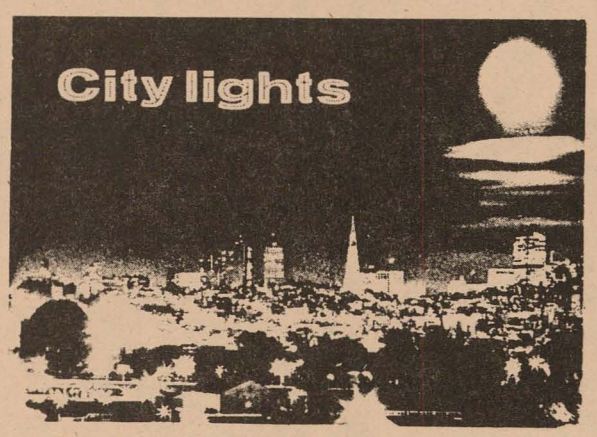
Sp5Gus Bryant: "The food, services and decor is better than I have seen it in the past. Even servers have a better attitude towards what they do which, I think, makes for an atmosphere at the dining facility."



Sp4 Donald Fletcher: "I think the Air Force still is somewhat better both in food and decor. At least it seems that way from the Air Force facilities I've eaten at."



PFC Carl Walton: "I think the breakfasts served at our facility are excellent. That's the only meal I have here because I eat my other meals at home. I'd eat here all the time if I could."



Friday, 2nd What's even older than the Bicentennial? "The Women of Troy", a play by Euripides, is being performed by San Francisco State University tonight and April 3, 7, 8, 9 and 10 at the Little Theatre. All the shows are at 8 p.m. and tickets are $2.00 and $2.50.

Saturday, 3rd Science projects by the budding young minds of today will be on display at the Bay Area Science Fair. The projects by Bay Area students will be showcased at the California Academy of Sciences, Golden Gate Park, today through the 7th. The Academy hours are 10 a.m. to 5 p.m. daily. Admission is $ .50 adults, $ .25 students, free for children and senior citizens.

Sunday, 4th Summer and amusement parks go together. This year the Bay Area has a new multi-million dollar park. Great America, 45 miles south of San Francisco. Mariott's Great America has five historic American areas, super thrill rides, five theatres, and food concessions from walk-up stands to formal dining rooms. One admission price is good for all rides and attractions. The park is open Saturday and Sunday, 10 a.m. to 6 p.m. until May 29 when it will be open 10 a.m. to 10 p.m. daily.

Star Presidian

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Colonel Warren J. Lodge, commander
Major Michael J. Williams, public affairs officer
Sp4 David M. Ruff, editor
Sp4 Carol Cronin, reporter

The people in the strange uniforms

How to live in the past and get paid for it



***SP4 Diana Griffin* indicates the rank of the soldier who would have worn this uniform in 1870.**

By Carol Cronin

Captain John C. Fremont and Kit Carson may have had hopes of recognition when they rowed a small boat across the bay and disarmed Fort Point by spiking the working cannons, but they probably never dreamed their feat would be retold to countless children on the site of their brave act.

Nor could the pioneers and soldiers who constructed the first buildings have imagined how many school children would exchange grins and giggles at horse manure being one of the ingredients of adobe bricks.

But such facts are the staple diet of the two Presidio tour guides, SSgt. Al West and SP4 Diana Griffin. The two have a store of these anecdotes to present to the tour groups they lead. The number of tours they handle has increased recently because of the approaching Bicentennial.

But why use military manpower just to give tours to civilians? SP4 Griffin says, "It helps community relations, and especially gives children a better concept of the modern Army. We also become involved in international relations when we give tours to visiting foreign groups".

She and SSgt. West once shared a four-bus-load tour consisting of the Taiwan Orchestra and Choir. Their entire tour dialogue had to be translated, but as usual, smiles and laughter communicated best. They finished the tour by singing one of the tunes they all knew, "Row, Row, Row Your Boat", the tour guides singing in English, and the Taiwan group in Chinese.

SSgt. West, dressed in a replica of an 1870 Continental Army Artillery soldier's uniform said, "I've given tours to all, from generals to Marine Corps ROTC women, and even boys from a reform school". One of his first tours was a group of high schoolers. An episode of Mannix was being filmed at Ft. Point and the hardest part of the tour was keeping Mike Connor's fans from mobbing him.

"I love senior citizens," he said. "One enthusiastic elderly group declined the bus and opted to walk from the Presidio Museum to Ft. Point, and then continued along the Golden Gate Promenade back to the Senior Citizen's Center near the Maritime Museum down near Fisherman's Wharf.

Where do tour guides come from? SSgt. West had a lot of military experience behind him before he became a tour guide as a secondary MOS. "I wanted a second field to fall back on when I retire. Now I have a wider range of experience when looking for a job after retirement." He had been a motor sergeant for twelve years.

SP4 Griffin had been both a member of the Military Police, and a Chaplain's Assistant for a short time before becoming a tour guide. "There's more to the job than just giving tours," she said. "I handle the paperwork for the color guard, and arrange the detail work for the tours, such as buses, and coordinating with the museum. Also, a group might want one particular aspect stressed, such as Spanish involvement, or women in the Army. If it's not too much of a deviation from our regular tour we can usually oblige, but it might mean a little brushing up on history.

When things are moving a little slowly, which isn't often, Diana likes to catch up on her history and perhaps revamp her tour a bit so her material doesn't get too dry. But even with the same material, each tour has its own style.

"Senior citizens can relate more to facts and dates since they might have been around during part of the history discussed," she says. "Children, however, want pictures and stories drawn with the words, since all these occurences are more foreign to them." They need a more active type of tour. Occasionally she will march an enthusiastic group from the flagpole, where the tour begins, to the museum. Passing enlisted soldiers may be surprised by a small child saluting earnestly with his or her left hand.

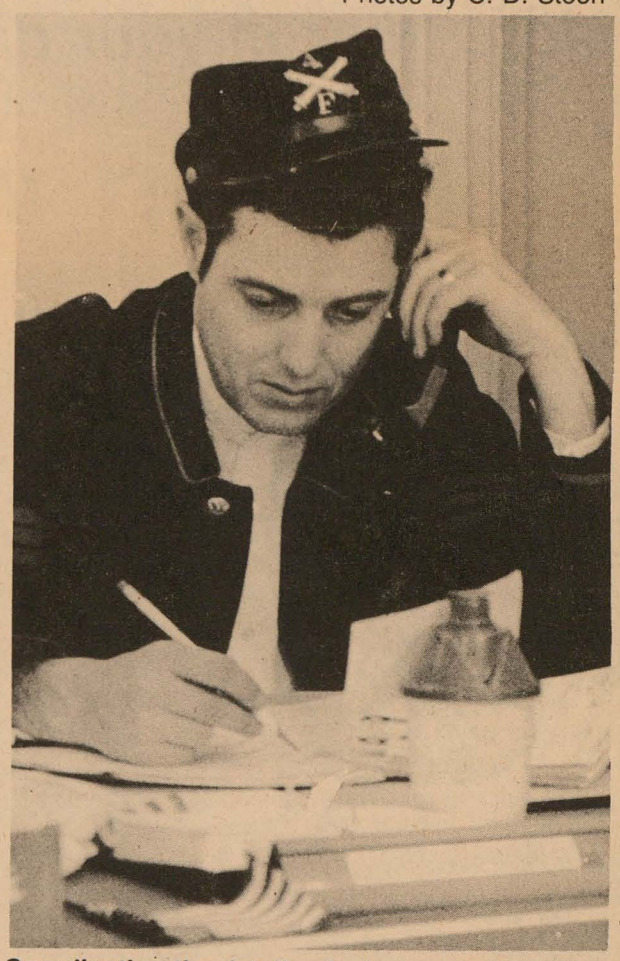
SSgt. West gets a kick out of the letters of gratitude he receives, especially from the kids. These may be addressed to anyone from "General West" to "James West". One class sent an envelope of individual letters, and he found he'd broken up a budding first grade romance because a little girl had developed a crush on him, and spurned her previous boyfriend.

Occasionally children, being naturally blunt, will ask SSgt. West something like, "Did you go to Vietnam?" or "Did you ever kill anyone?" but such pointed and sometimes political questions rarely arise. SP4 Griffin says "Some children look at me, as a woman in the Army, with wonder, but the older people generally say it's marvelous".

SP4 Griffin hopes that facilities such as water faucets, bathrooms, and a place to eat in rainy weather will be provided for the tours.

The next time you see a miniature Army marching intently by, they haven't lowered the minimum enlistment age. It's just a Presidio tour blending in with its surroundings.

Photos by C. D. Steen



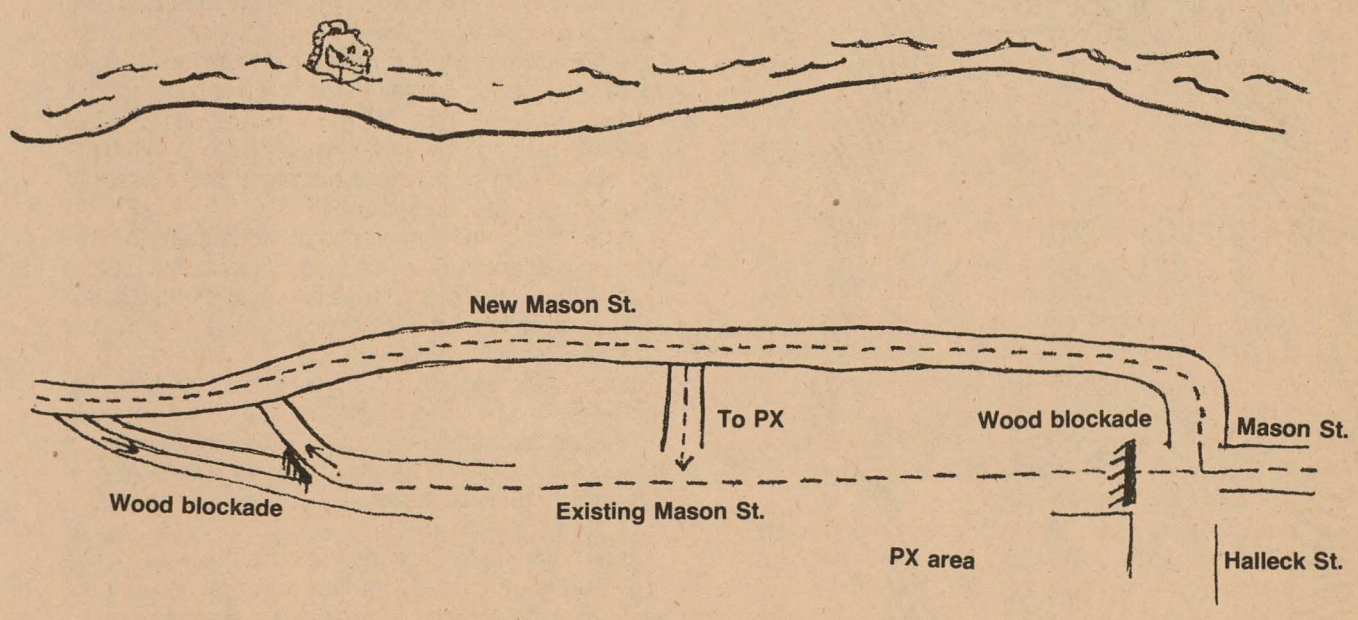
***Coordinating the details* of a tour occupies SSgt. Al West.**

Mason St. rerouted

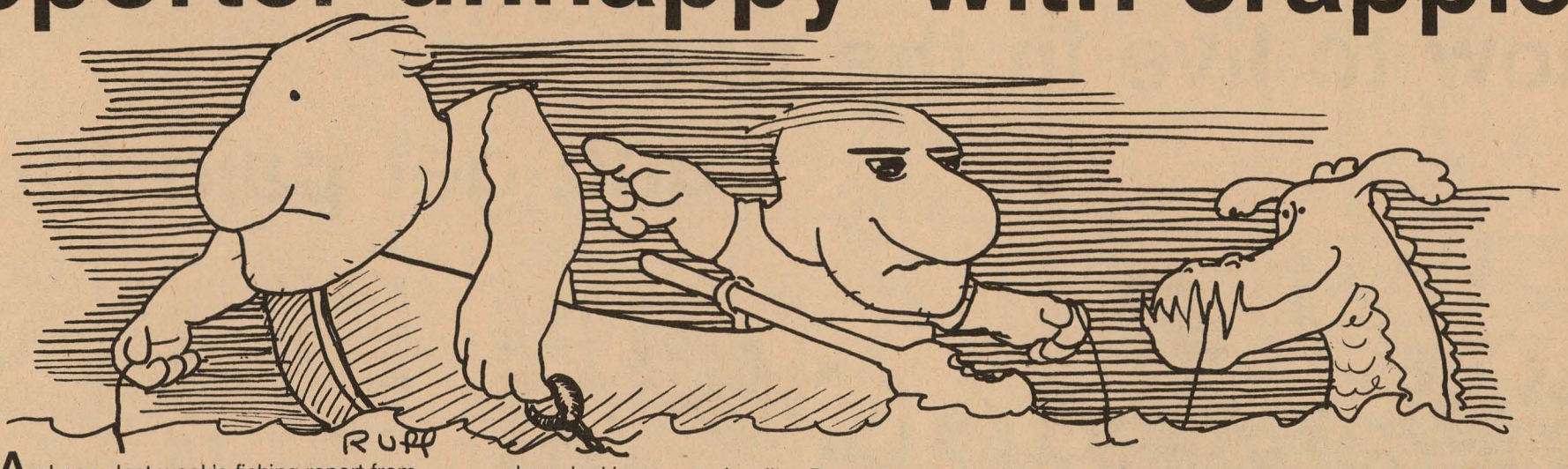
The Presidio Engineers have announced that Mason St. will be temporarily rerouted between Halleck St. and Bldg. 643. Mason will be blockaded at Halleck and traffic will be rerouted onto Crissy Field and will rejoin Mason at Bldg. 643. The projected opening date for New Mason is April 9.

Access from New Mason to the Post Exchange and Motor Pool area will be available. Local traffic on Mason to reach the PX and Motor Pool area will be allowed. (see map)

Eventually, New Mason will extend into Gorgas Ave. and the Mason St. area will be converted into a parking lot. The Presidio Master Plan calls for a new commissary where PX No. 2 now stands. The Golden Gate National Recreation Area land to the north of the newly erected fence will be developed into a park and bike trail.



Reporter unhappy with crappie



By C.D. Steen

. . . And now, last week's fishing report from Clear Lake: the catfishing's terrific but it wasn't crappie. This is probably confusing, but the report is correct. There are plenty of catfish to be caught in California's largest natural lake this time of year, but the delectable crappie, a favorite target for many fishermen, were playing hooky from the hook.

It took a couple of anxious Presidian anglers to find out for themselves that March winds play havoc with early Spring angling efforts for crappie, at least at Clear Lake.

Wayne Colan and this reporter, inspired by earlier reports of "pretty good fishing" in the Lake County lake, decided to get our line dunking started early this year. With the outdoor recreation center supplying us with a boat and motor, we were on our way before the sun rubbed its eyes. We were pretty content with our abilities in the art of crappie harvesting and thought it wouldn't take long to fill our cooler with the spiny, silver panfish. But, I have to admit, we were prepared to laze in the warm valley sunshine, sipping cans of something or other, while gentle breezes ever so lightly wafted the boat. We weren't expecting to find the lake shore looking somewhat like Baker Beach during a storm. The gentle breezes wafted at about 35 knots!

Not to be deterred, we decided to brave the swinds and waves (inland surf?), anyway even though a kindly lady at one of the several bait shops said that fishing, because of the winds, had been pretty poor. We were sure of our abilities, however.

It took a while to start because it took a while to get the 12-foot aluminum boat far enough out in the water to put the motor down. The winds kept blowing us back to shore. But stealth and stubborness paid off and we finally got on our way. Five minutes on the lake (sea?) convinced us to find haven on land, which turned out to be an island not far from shore. The island was an excellent spot last summer for Wayne and me, as we usually caught several hundred crappie around it. We beached the boat (actually, the waves just washed us ashore), unloaded the goods (a case of beer, sandwiches and a radio to listen to a pre-season baseball game), our poles (three spinning rods), and ourselves (nothing follows).

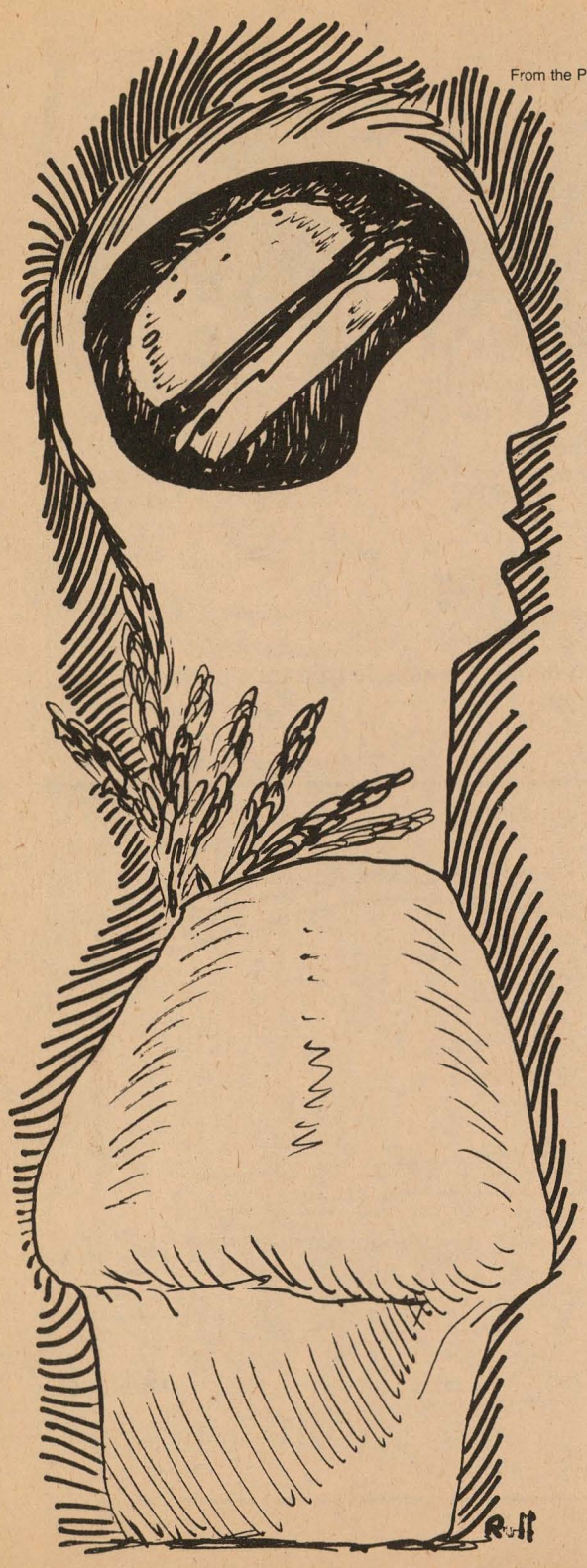
We casted our favorite, fool-proof crappie lures for a couple of hours. We were fooled. Not a fish was to be found. Well, at least none felt like dining. The rough waters sent them deep.

But we were prepared for a no-show fish emergency. We had clams for bait, and there were plenty of catfish to be found. Rather than explain about the rest of the days activities, let's just say we killed a case of beer, downed eight sandwiches, and listened to the Giants get slaughtered by the Angels over the radio. Oh, we caught about a dozen catfish (or bullheads, horned pout, or whatever you call them in your home state). These fish offered no challenge in a fair fight with a rod. You can catch them with your foot. But Wayne did have the excitement of nearly getting yanked off his favorite rock when a 12-pound carp decided to sample his pole. That battle lasted five minutes. He won. But barely.

With the promise of warmer weather in store, crappie fishing will pick up. For those who have never fished for them, they're a treat. Delicious eating, too. A boat is best for fishing because of mobility. Check with Outdoor Recreation. They have three boats and motor to rent. Cheap! Try it. You'll like it. That is, if the weather's nice.

More fiber in your diet

Listen when your colon talks



From the Pentagram News.

A compulsive interest in diet, arising from coinciding increases in vigor and girth, seems to be an almost unavoidable consequence of renouncing cigarettes.

Happily, we live in an age of specialized menus. Among them is one that should have particular attraction for ex-smokers, many of whom quit tobacco as a preventive to lung cancer. This diet, which encourages consumption of undigesti ble food fiber will decrease weight and may increase immunity to cancer of the colon.

Among Western peoples, the colon is second only to the lungs as a site of fatal malignancy. It seems reasonable, therefore, to give at least equal attention to a physical area which, in polite society, for years has been studiously ignored. We've recently begun to acknowledge our other previously unmentionable parts. Let's now do the same with our bowels.

In adults, the colon or large intestine is five feet or so of amazingly efficient, tubular waste disposal mechanism - the final lock, so to speak, along the alimentary canal, It's contents comprise the residue of what goes into us as food. In the bowel, it undergoes final processing before being expelled.

Since our common diet began to be dominated by refined sugar and flour early in this century, food wastes in the colon have changed. With fiber milled out, such material is slow-moving, compressed and less moist. It may remain in the large intestine for days. More significantly, bacterial and chemical content has been lethally altered. Modern, low-roughage diets now are believed by some researchers to stimulate the conversion of normally harmless bile acids into cancer-producing compounds!

High fiber diets, conversely, do not appear to have the same effect. And, since wastes move much more quickly through and out, these potentially lethal materials are given less time to act adversely even if minute quantities should develop.

It has been proved, moreover, that a high fiber diet increases excretion of cholesterol, a prime factor in heart and circulatory disease. Thus, its value as a disease preventive enlarges to include both the digestive and circulatory systems.

Authoritative and respected promoters of the high fiber diet, indeed, credit it with preventive influence regarding such other digestive disorders as diverticulosis, hiatus hernia, appendicitis and hemorrhoids. In the circulatory area, its benevolent influence may forestall heart attacks, varicose veins and phlebitis. Needless to say, it also is effective in combating obesity.

Recognition of the value of cereal fiber is a fairly recent development resulting from observations by English physicians serving as mission and government doctors in Africa. They gradually became aware that rural Africans were relatively free of many of the chronic diseases common in Britain. Though subject to infections, they rarely suffered from either circulatory or digestive problems. Their diet staple is unrefined cereal of which they eat as much as 25 grams a day. After adopting a low fiber, Western diet, native Africans became afflicted with the same disorders common in England.

Based on its value as a disease preventive, the high fiber diet need not be of interest solely to former smokers. It can have universal application if not, in Western civilization, universal appeal.

Appeal, of course, is the key consideration in hooking any potential dieter. The high roughage diet is most effective, unfortunately, if it is accompanied by total abstinence from foods containing refined sugar and flour. The dieter, therefore, swears off cake, pie, doughnuts, etc. He takes the virtually un-American step of renouncing soft drinks, most "instant" and "convenience" foods and ice cream. He increased his mealtime consumption of brans, whole wheat and rice, raw or moderately cooked vegetables and fruit. For snacks, he eats nuts, seeds, raisins and popcorn - in sensible quantities, of course.

On the plus side, he adopts a diet that needn't trouble him with counting calories or measuring quantities. He needn't feel hungry and his food bill should go down. His weight loss will be gradual, so he will continue to fit into his skin. Best of all, he will discover that his more nutritive diet actually tastes good.

The rockiest renunciation, of course, is sugar. Honey, however, is an admirable substitute. Fruit sugars are compensated by roughage content and molasses is a good sweetener for many pastries baked with whole grain flours.

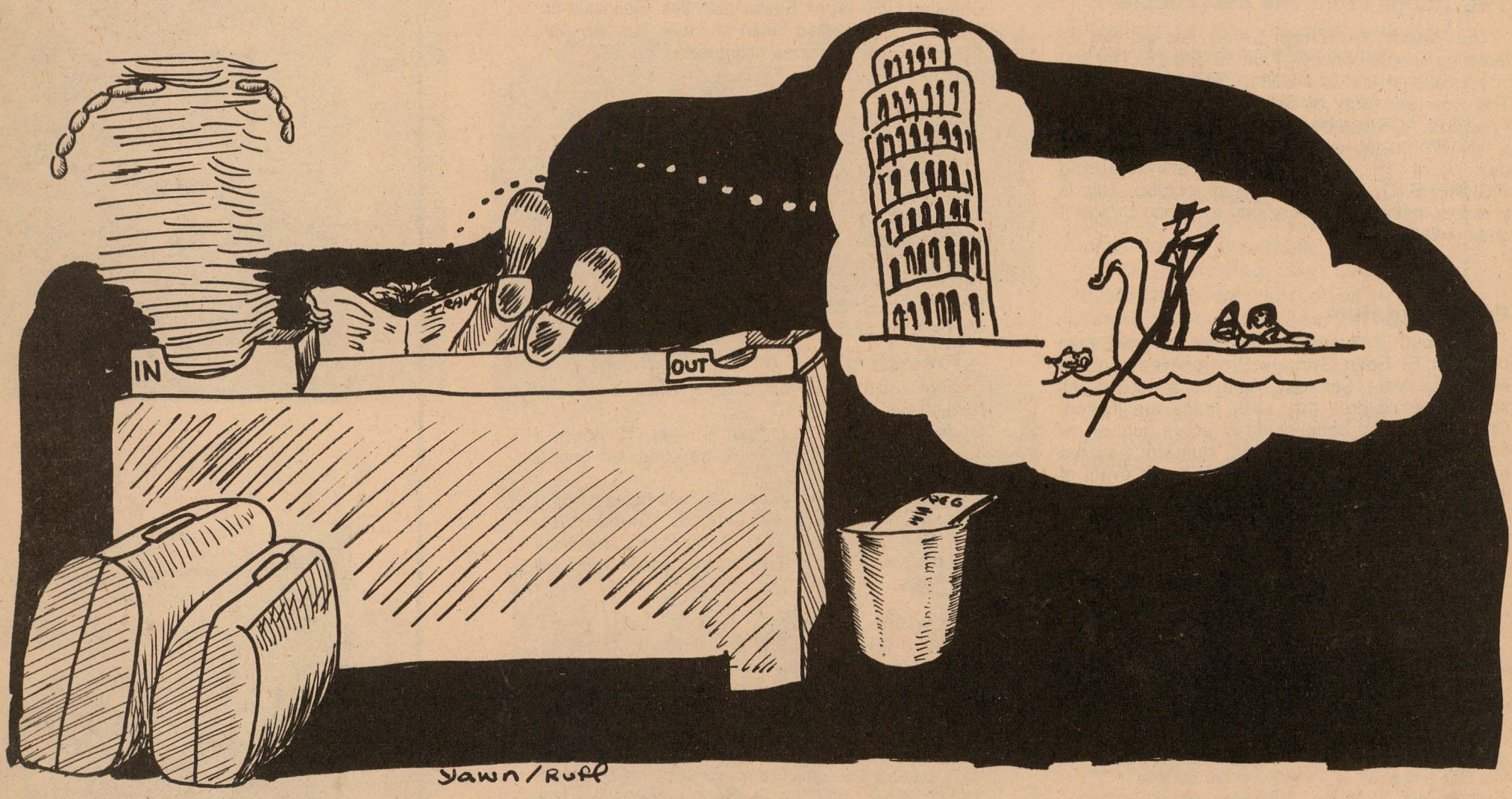
Ex-smokers especially should try the high fiber diet. Having already shown a renewed regard for their bodies, they can reinforce their determination to increase functional well-being. The urge for a smoke can easily become an urge for a high fiber snack. Dieters also can enjoy the pleasure of watching their waists waste away.

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The 'short' syndrome

Leaving the green machine

By Carol Cronin

You're short! You've just crossed out the last three digit number on your calendar and have 99 days left before leaving the Army. In addition to a string of ETS parties and sentimental (or ecstatic) farewells, you have to face the civilian job market and housing situation and a whole different life style.

If you haven't already started making plans for your civilian future you're overdue. One of the best places to go for civilian employment assistance is the Education Center. It has several counselors who offer extensive individual counselling. Holly Handler, one of the vocational assistance counsellors, says they have a variety of resource materials available, including interest and aptitude tests which can cost hundreds of dollars to take from a civilian agency.

She strongly suggests, "Anyone planning an eventual career in the civilian job market should seek counselling as soon as possible. The sooner they come to us, the better we can prepare them for their goal."

Anyone who has been on continuous active duty for 181 days, other than training, and will receive an honorable discharge, qualifies for the Army's educational benefits. Tuition assistance is available for as much as 36 months full time or equivalent part time schooling if the service member has served for more than 18 months. This applies for ten years following the person's date of separation from the Army. The amount of this assistance varies, but for a full time student with no dependents, it is presently $270.00 per month.

To receive these benefits, you take your discharge papers and file with the Veteran's Administration after separation. However, Ms. Handler adds, "You are only allowed two changes of program before your educational assistance is discontinued whether you've used the full 36 months or not. So make sure you plan out your long term educational goals in advance, and file them as such."

You can also apply this assistance to farm co-ops, on-the-job training, and apprenticeship programs, when the income earned during the training period is too little to live on.

Howard Davis, a veteran's benefits counselor from the main V. A. office at 211 Main St., said that veterans receive a five point preference when applying for civil service, or a 10 point preference if disabled from a service connected injury. He also mentioned that not many veterans are aware that they can receive free one-time dental care if they apply within one year of release from active duty. This includes getting cavities filled, dentures repaired, or any treatment which can be related to their military service.

Veterans can take advantage of the Home Loan Guarantee Program, which makes a cash guarantee of $17,500, or 60 percent of the price of the home, to any company lending a veteran money for a home. The veteran also receives a lower interest rate. The present rate is 8.5 percent.

These are only two of the sources short GIs might check to make sure they take full advantage of the Army service benefits. The reenlistment office can offer further advice on career possibilities within the Army if the person is undecided on his future course. Seminars on the civilian versus the Army job market, and veteran's benefits are held on post periodically. Each unit has a training NCO to offer advice.

What about those last three months on the job? Do supervisors have problems with the "short-syndrome"?

Captain Calvin J. Olson, Detachment Commander of Letterman Army Institute of Research (LAIR), rarely has problems with this. Everyone gets "trunkee" as he calls it, or has his trunks packed before his time is actually up. "To some degree this is natural," he says. "He is thinking about another job, and making plans for the future. He just shouldn't overdo it." Occasionally if a soldier starts showing up late frequently and feeling the physical standards no longer apply to him, Capt. Olson will call him in the remind him he's still in the Army, even if not for long. However, he feels a responsibility to allow people some time off to arrange details that have to be handled on duty hours.

Sergeant Major Karl Nakaten, Finance Operations Chief, has little problem with "short" people. He says, "They usually fade out quietly, often plugging away to the last day. In one case where someone developed a poor attitude, I was tempted to take disciplinary action, because others in the office resented him." Even then, he says, it was ironed out without official action. He expects some slowdown and preoccupation the last two weeks.

Sgt. Maj. Nakaten occasionally counsels the people he supervises, and has found that most are planning on going to school. "If someone plans to go to school, I never dissuade them, but if they have no plans, I strongly recommend they consider reenlistment."

Sp4 Christine George is considering joining the Reserves, but has decided against any further active duty. She says, "I don't regret my three years in the Army. I'd do it again (except for basic). I've matured a lot in these three years, and have had a chance to meet a lot more people and experience more than if I'd stayed in Massachussetts. I've been at the Presidio my whole enlistment and hope to return to the area some day."

For the present she'll return to Massachussetts though, and hopefully get a part time job using her training as a Medical Records Clerk, and take night classes in clerical work. She would have considered making the Army a career but she thinks her job lacks challenge. She is also afraid of being sent somewhere else if she had stayed in. One of her major concerns in getting out was avoiding getting into a rut or stagnating.

Captain Arthur Hecker, Chief of the Protein Nutrition Branch, Department of Nutrition, LAIR, also feels it's time to move. "I need a change in life style," he said. "I've spent an excellent three and a half years in the Army, but it's time for something new." Capt. Hecker has been checking into possibilities for the last year in anticipation of his separation. He will continue with nutrition research and has been using his professional connections to find openings.

Although his enlistment was worthwhile in some ways, SP4 Michael Laprade of the 402nd M. P. Company isn't sure whether he'd do it again. "The recruitment emphasis was on law enforcement, but the actual job emphasis is on the military. They're not making full use of the manpower potential they have." He intends to join one of the professional law enforcement agencies he's checked into over the last couple of months. "I'm trying not to lose my job motivation, but as my separation gets closer, the problems are made clearer." He doesn't forsee any problems adjusting to civilian life again. "I've made a point of maintaining my civilian contacts so I wouldn't get out of touch."

›t flashes...Hot flasl

Two Things From The Rec. People

The Presidio Recreation Center has set two interesting events between April 12 and 16. The first is educational and is entitled, "The Money Tree - The How and Why of Credit". CPT Nugent from Presidio's ACS will be the guest speaker and has a fine film on the subject. Time 7:30 p.m. On Friday, April 16, at 9 p.m., we are featuring FIGUREHEAD, a Latin-Soul-Rock combo. This is a real something for everybody to dance to and it goes until 1 a.m.

Easter Egg Hunt

The Youth Activities Easter Egg Hunt will take place at El Polin Springs Picnic Area (end of MacArthur Ave.), Saturday, April 17, at 10 a.m. All school age children thru sixth grade are invited. Children must be dependents of active duty or retired military personnel. Eggs, numerous prizes and refreshments will be available. In the event of inclement weather, the hunt will be held at the Teen Club, Bldg. 92.

The flicks

Presidio Theater

Friday, Apr. 9, 7 p.m.
The Black Bird (PG)
Saturday, Apr. 10, 2 p.m.
The Little Prince (G)
Saturday, Apr. 10, 7 p.m.
Romeo and Juliet (PG)
Sunday, Apr. 11, 7 p.m.
Killer Force (R)
Monday, Apr. 13, 7 p.m.
Killer Force (R)
Tuesday, Apr. 13, 7 p.m.
Patton (PG)
Wed., Apr. 14, u p.m.
Friday Foster (R)
Thursday, Apr. 15, 7 p.m.
The Adventures of Sherlock Holmes' Smarter Brother (PG)

Schwartz Theater, Letterman

Friday, Apr. 9, 7 p.m.
The Night Caller (R)
Monday, Apr. 12, 7 p.m.
The Black Bird (PG)
Tuesday, Apr. 12, 7 p.m.
Romeo and Juliet (PG)
Wed., Apr. 14, 7 p.m.
Killer Force (R)
Thursday, Apr. 15, 7 p.m.
Patton (PG)

This year, Jewish Passover coincides with Christian Holy Week Easter activities. Religious activities at the Presidio begin on Palm Sunday, April 11, with Palm branches distributed at regular Sunday Services.

Holy Week Activities

Monday, April 12 thru Sunday, April 17

Catholic - Chapel of Our Lady

Mon-Tues-Wed, Mass - 11:35 a.m.
Tuesday - 4:45 p.m. Reconciliation Service—Confessions
Holy Thursday Mass - 5 p.m.
Good Friday Mass - 5 p.m.
Holy Saturday, Easter Vigil - 7 p.m.
Masses, Regular Saturday/Sunday schedule

Protestant

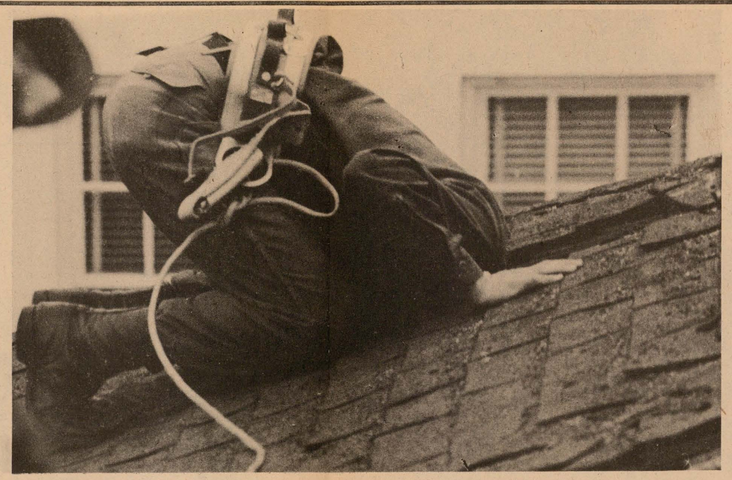
Holy Thursday - Post Chapel, Choir and Communion Service - 7 p.m.
Good Friday Service - Post Chapel, 12 noon, 1 p.m. Periodic meditations will be observed until 3 p.m.
Easter Sunday Sunrise Services will begin at 6:30 a.m. on the Post Chapel Grounds, Garden Worship area. The Sixth U. S. Army Band, members of the Choir and the Presidio boy scout troop will participate.

Jewish

The Jewish Festival of Passover (Peasch) celebrated annually for eight days, will begin this year at sunset, Wednesday, April 14, and conclude at sundown, Thursday, April 22. A Sedar Service and dinner for military personnel and their dependents will be held Wednesday, April 14, at 6:30 p.m. at the San Francisco Jewish Community Center, 3200 California St. Rabbi William Z. Dalin, LAMC and Presidio Auxiliary Chaplain, will officiate. Reservations may be made by calling Ruth Caliman, ext. 4397 or SP6 Lance Dichter at the Post Chapel, exts. 4239 or 4719.

Easter Breakfast

Easter breakfast will be served continuously at the Recreation Activities Center, Bldg, 682 from 8 to 11 a.m.





The end of an old friend



Photos and story by C.D. Steen

Another piece of the old Presidio **has crumbled under the destructive but efficient efforts of the 1st Platoon, Company D, 864th Engineer Battalion, with added help from the Presidio Fire Department. In less than a week, the stately two-story wood building, which once housed the Public Affairs Office, including the STAR PRESIDIAN, was shredded to firewood to make room for a parking lot. The PAO staff was forced to take refuge in building 37. Some people are asking the engineers to practice their destructive power on the new building, but we ignore them. Our photog. caught the action as the building was methodically brought down to the height of a short bug.** ***From left:*** **Presidian firemen cut one of several holes in roof of the former PAO building, where heavy cables were strung through. The cables were attached to the engineers' giant crane which ripped down the roof and support beams.** ***In an ostrich-like position, an engineer peers down a hole where a cable will be passed through.*** **Once the crane tore out the final support beams, the building is reduced to so much rubble. The roof remained mostly intact.**

RAMBLIN' SAM

Are you patronizing the NCO/EM Club?



SP5 Tanya Schulz: "I'm afraid my experiences at the club weren't good, especially the service. Once I was told to get my own hot water for a brandy. But mostly, I don't patronize the club because I just like to get as far away from the military as I can, and the club is still part of the military establishment."



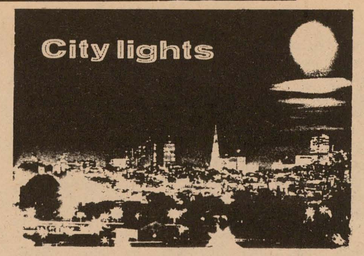
MSgt. Joe Rodgers: "I go to our club occasionally. But I think the prices are too high for a military club. The food is very good, though, and I eat there when I can."



PFC Deloris Parker: "I think we have a nice club. It's easy to get together with friends because it's so close. The drinks are inexpensive, compared to downtown, so it doesn't cost much to enjoy ones self. Improvements I'd like to see, however, would be better bands. It would be nice to have a group that can play a variety of music instead of just one type.



SP4 Bonnie Lee Bialas: "I like to dance to good rock music and the club seems to play mostly country western or soul. Because of this, I head for the clubs in the city that have rock music."



Friday, 9th Is your hand trying to tell you something? Find out what a palmist has to say about your life and love lines, and girdle of Venus (or sign of fidelity). A palmist will read palms at the Presidio Recreation Center tonight at 7:30 p.m. free of charge.

Tonight and tomorrow at 8:30 p.m., Dance Spectrum welcomes spring with the first performances in its spring dance series. This week they present Carlos Carvajal's "Orfeus" (1973), "Hurrah" (1972), excerpts from "Hosts" (1975), and Bruce Bain's "Contrasts" (1973), and excerpts from "Rite of Spring" (1974).

Saturday, 10th The Artist's Guild of San Francisco display their works in the natural atmosphere of the outdoors at Marina Green, Marina Blvd, at Scott Street all day today and tomorrow.

The local talents at the San Francisco USO have gotten together an evening of night-club-style entertainment, featuring such talents as Tony Miley and the "Pointless Sisters". So if you don't have the money to make it to Reno or Las Vegas, stop by the USO, 1019 Market St., at 6:30 p.m. for "Bill's Free Buffet", and then stick around for the show at 7:30 p.m.

Sunday, 11th Get some ideas on how to develop the potential of your little shack at the Home Restoration and Remodeling Show, The Showplace, 2 Kansas Street, at the foot of 8th Street, 11 a.m. to 9 p.m. today. General admission is $2.50.

Monday, 12th The Junior Grand National brings together 2,000 hard-working boys and girls along with their well-groomed cattle, sheep and swine. The show involves a livestock show and auction today and tomorrow, horse show for hunters and jumpers, April 15-17, and horse show for western classes, April 19-21. The show is held at the Cow Palace, 8 a.m. to 6 p.m. daily and admission is free.

Tuesday, 13th Bunnies receive their due at Macy's 30th Annual Easter Flower Show in Macy's main store, Stockton and O'Farrell Streets. Window displays develop the theme "Famous Rabbits... as found in literature." There are also creative environmental displays on the 5th floor.

Wednesday, 14th Ragtime and oldie popular tunes share the bill at the Exploratorium tonight at 8 p.m. San Francisco Conservatory players, Sharon Curl and Jeff Moore perform the ragtime of Scott Joplin, Eubie Blake, and Tom Turpin, along with tunes such as "Wait 'til the Sun Shines, Nellie", and "After the Ball".
Admission to the concert is 25 cents.

Star Presidian

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Colonel Warren J. Lodge, commander
Major Michael J. Williams, public affairs officer
Sp4 David M. Ruff, editor
Sp4 Carol Cronin, reporter

Shoppers, baggers, hit by economy

Story and Photo by C. D. Steen

Laying aside the problems in Lebanon, and the strikes in San Francisco for a moment, there seems to be a little unrest between the baggers and patrons at our commissary.

The baggers, paid only by tips from commissary patrons, have said that they think in many cases they are being shortchanged. Sometimes patrons leave without dropping a cent into the cup. Others are more generous.

"It's hard to figure what will be dropped in the tip can," said one bagger veteran, who has been at the Presidio commissary for "a long time". "Most baggers," he said, "expect at least 50 cents for four or more bags, and a minimum of 35 cents for two bags. But sometimes we have to pack as many as five or six bags and the patron will drop 18 cents. Do you think that's fair?"

Another said he was told by a shopper that if he had to tip what baggers want, then he might as well go to a civilian market because what he would save at the commissary in prices he would lose to the baggers.

On the other hand, many shoppers are adamant about what they think is a fair tip. "I think a 25 cent tip is appropriate," said one elderly shopper as she entered the commissary. "The most I'd ever tip is 35 cents. I figure a bagger can pack a bag in seconds. If you compare how quickly they can pack a bag to the tip I give, baggers are making nearly nine dollars an hour."

Photo by C. D. Steen



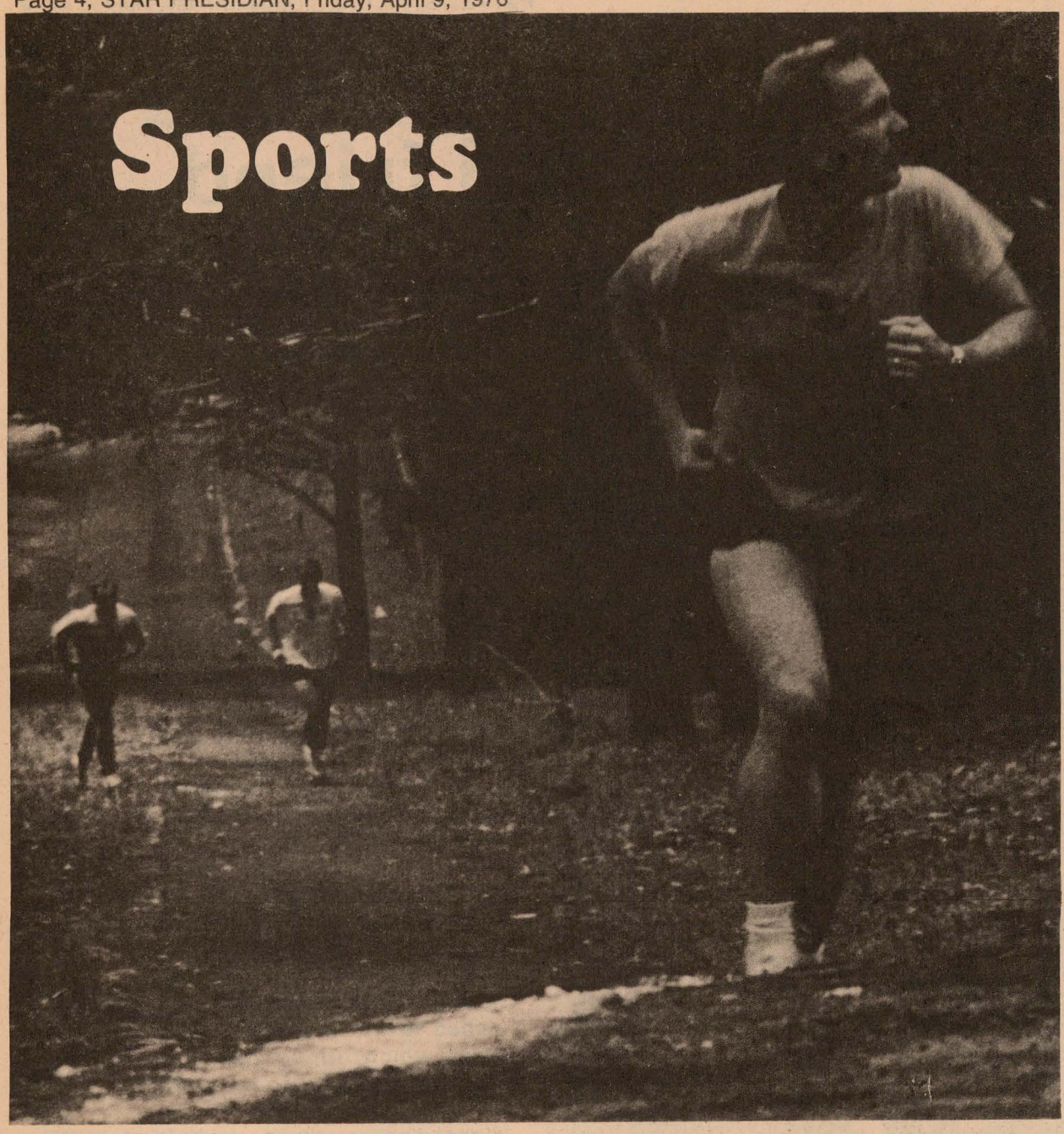
Another shopper thinks 50 cents is appropriate if the baggers must load a lot of bags. Said the shopper. "I watch, and a bagger can pack four or five bags in a couple of minutes. That's about a dollar every five minutes. They make more than I do." The patron mentioned that she isn't always satisfied with the packing service. "I wish baggers would make a conscious effort to distribute weight equally. Sometimes a bagger will load a bag full of heavy cans right to the top and I have a time picking the bag out of the cart. I mentioned this to a bagger once and the reply I got was, "lady, you have too many cans!"

Bagging services don't always end at the checkout counter. If a patron requests, a bagger will usually be happy to push the cart to the shopper's car if he should be asked. Naturally, baggers hope for an additional tip. This case comes up when a shopper buys more than can be handled alone, or if a shopper is disabled. But one bagger mentioned that most shoppers understand that having to leave the counter slows the checkout process for others, so most shoppers take out their own.

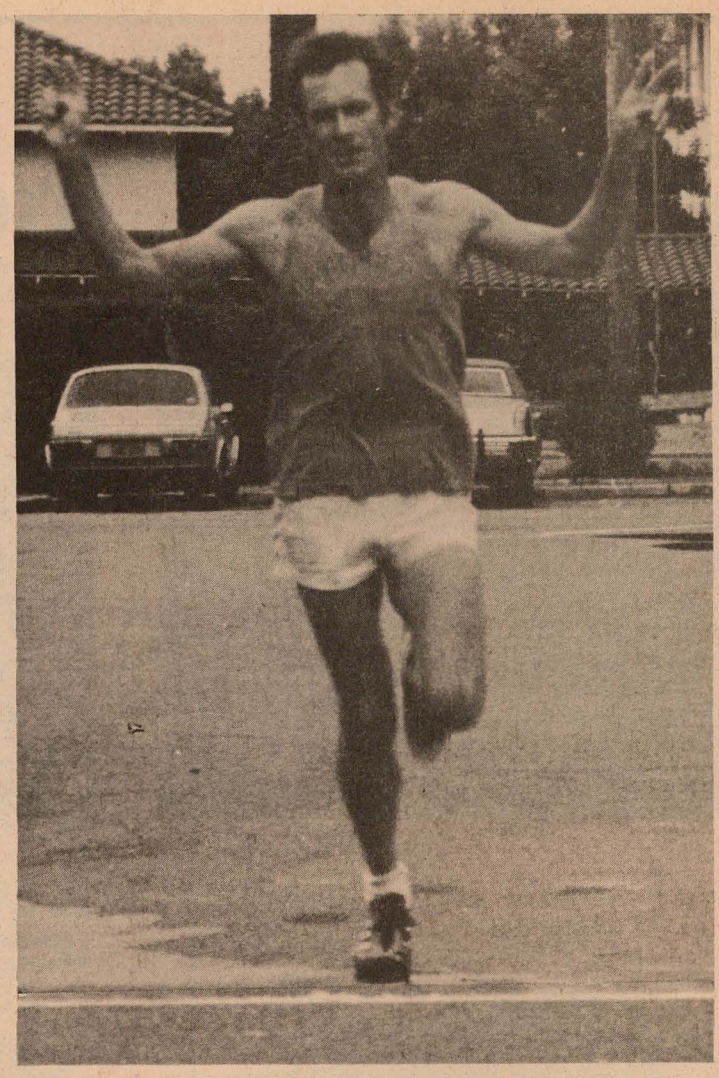
Art Goodloe, commissary assistant manager, spelled out the rules for baggers. "Baggers are there for your benefit. They are not paid by the commissary and rely on patrons to pay them. Naturally, they expect something. But no bagger is allowed to actually ask a patron for a tip. If a complaint comes in that a bagger is soliciting, then he or she will not be allowed to continue service in this commissary."

Mr. Goodloe summed up the tip-service ratio this way: "We have baggers who have been working here for many years. They must be making something."

Sports



Photos by C. D. Steen



Charles Hubay (above), completing the Post Cross-Country Championship **race in 19:35, raises arms in victory as he crosses finish line in front of Post gym. At left, other racers labor up a hill in the rugged 3.1-mile course. Hubay finished first in the Open Division (29 years and younger), and Allan Swartz came in first in the Veterans Division (over 30) with a 21:38 time.**

Intramural Golf

The 170th MP Company and the 525th MI Gp share a two-win, no-loss record in the Presidio Intramural Golf League, with LAMC No. 1 one game behind. In the Ft. Scott League LAMC No. 2 holds sole possession of the number one spot with a 2 and 0 standing, followed by Ready Region IX with 1 and 0.

Women's Army Basketball

The newly formed Women's Army Basketball Team fried Memphis' Cook Industries at an NAAU basketball tournament held in Gallup, N.M., March 29, with Army bouncing on top, 76-47. Rosie Ostrowski and Cathy "Cats" Williams, the two ladies from the Presidio, shared in the scoring with Ostrowski hitting 13, and Williams with 11. "Cats" Williams was voted most valuable player by both team coaches during the game.

Slow-pitch softball

The post softball team outlasted an FBI team, 23-17, in a pre-season exhibition game at Ft. Scott, Tuesday night. The game was a warmup for post, as they prepare to take on city league slow-pitch teams. Games are scheduled for every Thursday nights at 7:30 p.m. and all will be played at Ft. Scott.

Spring Golf Tournament

The Recreation Services, Sports Branch, Spring Golf Tournament will be conducted at the Presidio Golf Club Wed/Thurs, April 14-15. First tee will be at 8 a.m. each day. Active duty personnel assigned/attached to PSF are eligible to participate in the Open or Senior Divisions. For further information or sign-up, contact the Post Gym, Bldg. 63, Ext. 4120/5032.

SCUBA Class to Convene

Presidio Outdoor Recreation will sponsor a basic SCUBA diving class on Thursday evenings beginning at 6 p.m., April 22, Bldg. 69, Presidio Pool. Offering certification through the National Association of Underwater Instructors, the class will last nine weeks. For more information dial 4324 or stop by outdoor recreation, Bldg.122.

Presidio league volleyball

	Won Lost	Percent
Sup Elem	8-1	.888
LAIR	6-1	.857
OARB	7-2	.778
170th MP	4-4	.506
402nd MP	4-5	.444
LAMC No. 1	4-5	.444
504th MP Bn	1-9	.100
864th Engr	0-7	.000

Ft. Scott league volleyball

	Won Lost	Pct.
16th BPO	7-2	.778
Corp of Engr.	7-2	.778
USASA	6-3	.667
525th M.I. Gp	4-2	.666
WRRC	3-4	.429
Ref. Lab.	2-8	.200

Photo by Don Johnson



A Presidio women's volleyball teammember **serves to the 504th MP team, during V-ball action Tuesday night. The 504th girls proved to be too much for the Presidio WACs as 504th rolled to a 15-5, 15-0 win.**

Germ fighters train at Camp Parks



Specialist 5 John McCauley prepares SP5 Gilbert Gonzales **for pedijet immunization.**

By Capt. Worth Taylor

Recently, personnel at Camp Parks found themselves asking "Who are those soldiers with the funny looking guns? They seem very interested in the duck ponds on post. We see them taking what looks like water samples and doing some kind of strange tests."

The soldiers doing all these things were members of the 227th Medical Detachment who had come to Camp Parks for their quarterly field training. With seven personnel and two trucks, the unit left the Presidio on the morning of March 22 and by noon had set up shop in the Camp Parks training area for a week long field exercise.

The training was designed to simulate actual tactical conditions and unit personnel were given specific field preventive medicine tasks to accomplish in certain time frames. These missions included drawing water samples from the various ponds on Camp Parks and running bacteriological water tests to evaluate the waters' potability and degree of contamination - information which would be of vital interest to an Army on the move.

The following days were filled with missions which involved relocating to a specific map location on Camp Parks and completely setting up to administer field immunizations. The equipment utilized was the pedi-jet immunization gun. This was the same equipment used by unit personnel in the mass immunization of refugees at Ft. Chaffee, Arkansas.

The last two days were filled with land navigation and C.B.R. (Chemical, Biological, Radiological) training. A compass course becomes somewhat more demanding when C.B.R. attacks (simulated by colored smoke) cause unit personnel to put on their protective masks, disperse and initiate equipment decontamination procedures.

Altogether, say members of the 227th, it was a profitable week of preventive medicine training in which everyone had a part.

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Star Presidian

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LAMC fakes disaster

By C.D. Steen

A collision between a U.S. Naval vessel and a civilian cruise ship happened in the Bay early Saturday morning, and many of both ship's casualties were taken to Letterman Army Hospital for emergency treatment. But don't scan through the EXAMINER or CHRONICLE for specific details on the accident. You won't find any. And don't contact the Navy about it, either. They'll deny any knowledge of the collision. That's because it never really happened!

But 72 people were brought to the hospital main entrance by siren-screaming ambulances throughout the morning. Many appeared to have sustained severe burns, cuts and compound fractures. Emergency personnel, including clinical specialists, nurses, and doctors scampered to treat the injured as they were unloaded from the seemingly endless stream of ambulances. Several of the casualties went into shock, while others, apparently terrified from a horrifying ordeal, screamed and tore at the hospital staff members who tried to help them.

By 11 a.m., everything was quiet again at Letterman. Hospital personnel went back to their regular duties. The casualties, most of whom were taken to the different wards for treatment, calmly got off their beds and walked away. None of the ward staff paid much attention. Letterman Army Medical Center's Disaster Exercise had ended.

The whole idea was for LAMC's personnel to practice emergency procedures in the event of a real catastrophe. But any person not knowing what was going on Sunday morning, may have sworn the disaster of the century had occurred.

Students from LAMC's clinical specialist school performed as veteran actors in their roles as the injured. The makeup was so real looking that several people turned their heads as the "casualties" were removed from the ambulances. The moulage, or injury makeup, was applied shortly before the exercise began Saturday morning. The students, dressed as naval personnel, merchant seamen, and civilian passengers, were instructed to behave as if they were actually injured. Some moaned in absolute agony, others hysterically. Students who were in "shock" fought hospital staff members with such earnestness that it took several of the staff to strap the "patients" to the gurnies. In fact, one almost knocked this reporter off his feet.

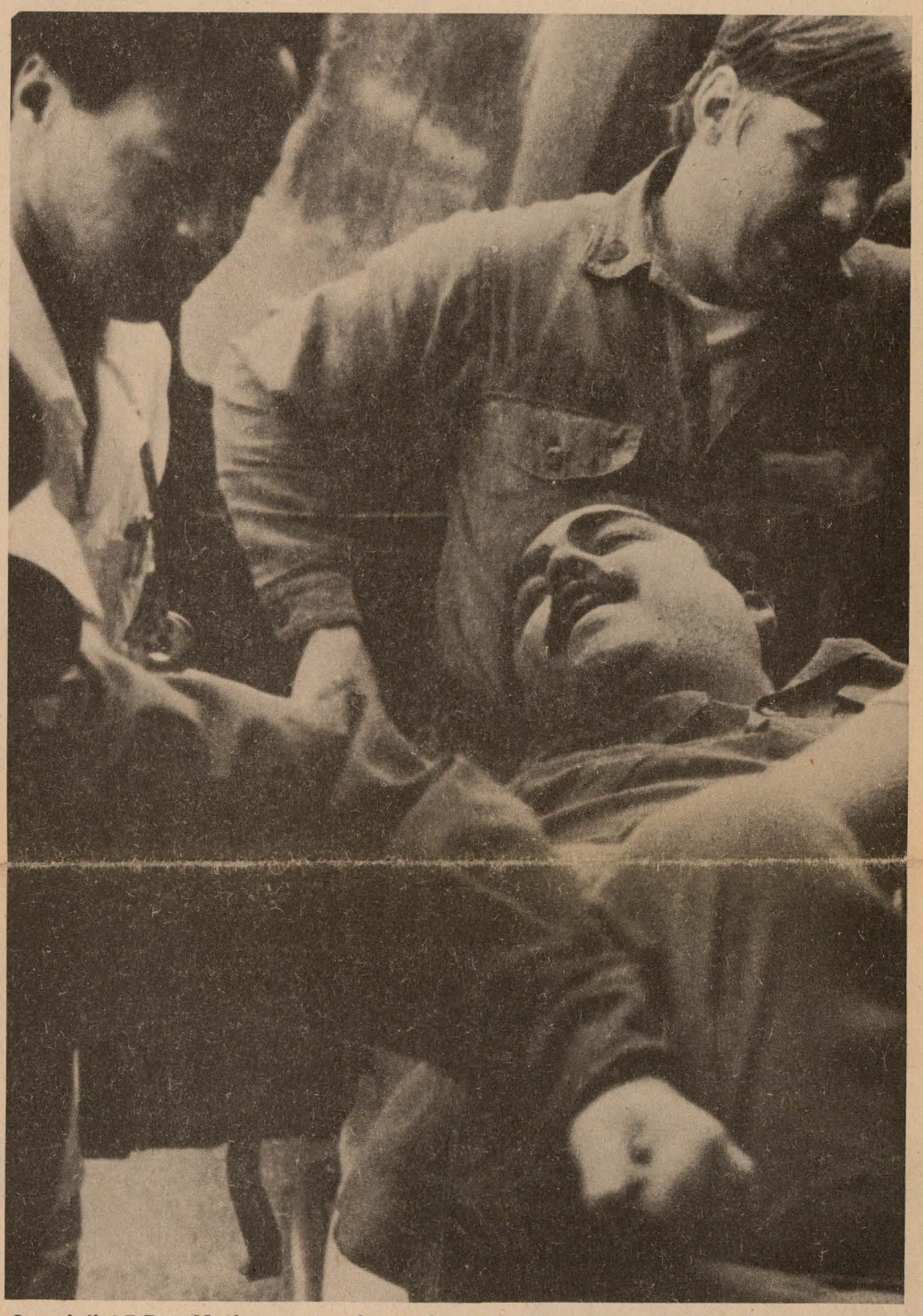
Was the exercise a success? A hospital spokesman said he was quite impressed with the make-up and behavior of the "victims." He said the exercise accomplished its purpose of testing the hospital's emergency procedure plan without disrupting normal hospital routine. He summarized by saying that although everything went well, the exercise underlined the necessity for hospital staffers to fully understand disaster plan procedures.



Photo by Lisa Kanemoto

Private Elaine Ferguson, wearing an effective moulage mask, waits for treatment for burns suffered in the "two-ship collision."

Photo by C.D. Steen



Specialist 5 Ben Matias, portraying **an hysterical merchant marine from the cruise ship, is lifted onto a gurney just before going into a "cardiac arrest."**

Psychologist says:

Rape not sex crime

"Rape is not a sex crime; it is a crime of violence."

This was a point brought up by Captain Gerald Urbancik during the rape prevention seminar held here April 7. The seminar included speakers from the Presidio Military Police, San Francisco Police, Letterman Army Medical Center and a civilian research agency.

Captain Urbancik of LAMC's Department of Psychology, after stating that rape was not a sex crime, dispelled another myth about rape: A woman's actions and appearance do not necessarily provoke the action, according to Urbancik. The rapist decides to rape someone and almost any woman he sees in a susceptible area could be a target.

Captain Urbancik mentioned two current theories as to rapists motivations: Some, he said, have a deep hostility toward women. Other rapists could be venting a strong male aggressiveness on the weakest target. Dr. Urbancik said that most rapists were in their twenties. About half of them are married and most have a normal sexual relationship.

"Often," said Urbancik, "the treatment of the victim after the rape is like being raped all over again by the system." He had three recommendations: education of commanders who would then educate their troops; placing women in positions to handle rape victims and securing psychological help for victims.

The psychological effect of rape was also discussed by Linda Norlin, who interviews rape victims for the Queen's Bench Foundation. She says, "At the time of the rape, the victim, of course, feels fear. Though she may be outwardly calm, inside she may be in shock, or even hysterical. Her reactions often determine the way in which she is treated by police, medical personnel and her family . . . Rape can disturb a woman's social situation and her view of herself."

One way to lessen the trauma of rape would be to set up special facilities, other than emergency rooms or obstetric clinics to handle rape victims, according to Colonel Dikran Chamliam of the Department of Obstetrics/Gynecology at Letterman. He said LAMC had definite medical goals for every rape victim: emotional support of the patient; a physical exam to determine evidence of beatings, cuts, pregnancy, etc.; and check for evidence of sperm.

Women are often uncertain about reporting rape, according to Lieutenant Raymond White of the San Francisco police department. Police, he stressed, need a prompt report to gather evidence and apprehend the rapist. The report may help prevent him from raping someone else.

What is the rape situation on the Presidio? Lieutenant Colonel Dana S. Kierstead, post provost marshal, said there had already been one rape in the first quarter of 1976. He agreed that post-rape procedures were often traumatic for the victim. For this reason, he said, he is attempting to place women in positions to aid in rape investigation. The Presidio has one female investigator and a woman on the crime prevention team.

. .Hot Flash. . .Hot

New deadline for excess leave

Soldiers with more than 60 days leave accrued will lose their excess leave on June 30 this year, as in the past. Next year, however, loss of accrued leave in excess of 60 days will occur on September 30, 1977 instead of in June. This results from the change in fiscal year dates. The new fiscal year will begin on October 1 instead of July 1.

Vampires unite!

The bloodmobile van will be at the NCO Club/Recreation Center from 0800 hours thru 1530 hours on April the 22nd. Last year (75) more than 800 units were donated by military and civilian personnel in the Presidio community. According to Mrs. Dorothy Ellsworth, Blood Drive Coordinator, donations may be credited to the military reserve fund, a civilian reserve fund, or to a specific individual. Come on and spread the wealth around.

Vamos a celebrar Cinco de Mayo

Cinco de Mayo is May fifth. Mexican - American / Chicano Cultural Appreciation Week will be celebrated April 30 to May 7.

The on-post celebration will be held on Friday, April 30 and Saturday, May 1 and is being co-sponsored by the Human Relations/Equal Opportunity Office of the Presidio, LAMC and Sixth Army.

Cinco de Mayo is more than a day. It is an exciting festival that hails the Mexican-American/Chicano cultural contribution. Historically, Cinco de Mayo recalls the heroic fight more than a century ago by Mexicans against invading French Armies.

On Friday, April 30, the day's festivities will be held at the Recreation Center/NCO Club. The morning program from 11:30 a.m. to 2 p.m. will begin with a Mexican luncheon, mariachis, and guest speakers. The evening program begins at 7:30 p.m. to 1 a.m., and includes a cultural film of Mexico, a Mexican folklorico, the crowning of "La Reyna del Cinco de Mayo," followed by dancing at 9 p.m.

Saturday's activities from 1 to 2:30 p.m. will begin with a folklorico presentation at the Presidio Playhouse. At 2:30 until 5 p.m. there will be supervised children's games with the breaking of pinatas on the football field behind the Playhouse. The evening's entertainment at the NCO Club will present the first in a series of Latino Night dances beginning at 8 p.m. and lasting until 12.

The celebration is open to all military and civilian personnel and their families. No reservations are necessary.

Sixth Army band concert

The Sixth U. S. Army Band will perform in concert Wednesday, April 21, at 7:30 p.m. at the Presidio Playhouse. The program, which is free to the public, will be composed of selections by German and American composers.

Engineers Bicentennial exhibit

The U. S. Army Corps of Engineers Bicentennial exhibit, "Let us Try", will be shown in the Command Conference Room of Bldg. 35, April 19-21. The exhibit is a multi-screen, multi-image, audio-visual presentation which lasts for fifteen minutes and should appeal to all age groups. The show is free and open to the public. It will be shown April 19, 1 to 4 p.m.: April 20, 10 a.m. to 4 p.m.: and April 21, 9 a.m. to noon.

Ring that bell!

The "Liberty Bell Award" program to recognize community service for the period May 1, 1975 to Apr. 30, 1976 is open to all military personnel in the grade of E-5 or below.

Nominations for the award will include specific act(s) or service(s) that rendered outstanding service to the military or civilian community in the areas of education, business, sciences, communications, labor, government, religion, professions and youth organizations.

Send your nominations by noon, Monday, April 26, to the Staff Judge Advocate, Liberty Bell Award Committee, Hq. Presidio of San Francisco, 94129.

For further information call Capt. Robert Williams at 561-5593.

New PX hours

Facility	New Hours	
Main Store, Bldg. 605	Mon-Fri	10a.m.-5:30p.m.
	Sat	9:30a.m.-5p.m.
	Sun-Holidays	12noon-5p.m.
Store no. 3, Bldg. 609	Mon-Fri	10a.m.-5:30p.m.
	Sat	9:30a.m.-5p.m.
	Sun-Holidays	12noon-5p.m.
Ft. Baker, Bldg. 623	Mon-Fri	11a.m.-4:30p.m.
	Sat-Sun	Closed

Dear Editor,

I enjoy reading your paper every Friday and especially enjoy reading the ideas expressed by fellow soldiers in your Ramblin' Sam column. In the April 9 issue, the NCO club was discussed and various good points were expressed. I feel, however, that a lot more work has to go into the entire club system as far as the entertainment is concerned. To explain further, I enjoy dancing and the NCO club is a great place to do it. It has atmosphere, it's roomy, and the prices are reasonable. But when I go out, I don't go to the NCO club because I'd rather pay a two to five dollar cover charge, two dollars for a beer and sit in a cramped up room while I listen to the music I enjoy, which is Latin. I know the Latin (Puerto-Rican, Chicano, Panamanian, etc.) people on post share this feeling as it's been a topic of discussion for as long as I've been here, which is over a year. I've been in the Army six and a half years and never have I been stationed at an installation where the "Latinos" were ignored to the extent I've noticed here. For example, there isn't so much as a Latin record in any of the Juke boxes on post.

—SP4 Delgado

Ramblin' Sam

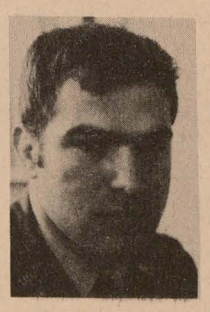
What are your feelings on having a unionized military force?



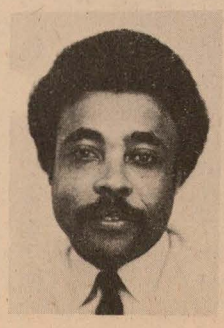
SSgt. Roger P. Eller: "It could never work. What would happen to our national security if the military decided to strike? Sometimes the military is called in to replace needed unionized workers when they struck. Who would fill in for the military?"



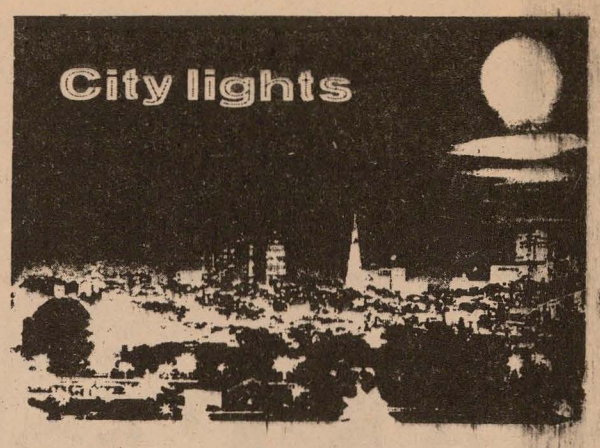
SP4 Joanna Amantea: "I don't think it would ever happen, but I'd like to see it. If the military did unionize in some way, maybe everyone would be treated as fair as possible which couldn't help but benefit everyone."



1st Lt. Frank Noto: "A military union could be a real threat to liberty if the people in it had the right to strike or not perform job actions, though a union might be of service in other respects."



SSgt. Seth Fuller: "I don't think a union could work in the military. There would be a breakdown in discipline and mission requirements."



Friday, 16th Japan Center bursts into bloom with tea ceremonies, flower arranging, bonsai, calligraphy, ribbon flower making, Akita dog show, art, dance programs, films and food bazaars this weekend and next for the 9th Annual Cherry Blossom Festival. The Peace Plaza will host martial arts and classical dancing and drumming each Saturday and Sunday, noon to 5 p.m. A variety of traditional music and dance performances are scheduled for the Japan Center Theatre, 1881 Post Street, for various admission fees. Complete programs of events are distributed at the Japan Center, Post and Buchanan Streets, during the festival.

Saturday, 17th San Francisco will have plenty of fire protection on hand this weekend as fire departments and fire fighter buffs from all over the U. S. meet for the first Great Earthquake and Fire Muster to be held here. A thousand firemen, many in old time uniforms, compete in bucket brigades, alarm responses, and hand pumping and hose cart contests. The muster will be hosted by San Francisco's 125-year-old St. Francis Hook and Ladder Co. No. 1, at Civic Center Plaza, Polk and Grove Streets, starting at 10 a.m. today and tomorrow. The traditional observance of the 1906 Earthquake will be held Sunday at 5:13 a.m. at Lotta's Fountain, Market and Kearny Streets.

Sunday, 18th If you miss frolicking through the wild flowers in the country, then indulge your nostalgia at the Spring Blossom and Wild Flower Show at the Hall of Flowers and adjoining Arboretum. The show is free, 10 a.m. to 5 p.m. today, and 10 a.m. to 3:45 p.m. tomorrow.

Monday, 19th Authors offer free lectures on various social experiences at the Galileo Community College Center Auditorium, Bay Street and Van Ness Avenue as part of a "Meet the Authors" program. Lloyd L. Morain, Paul Keyman and Joseph Danysh will speak respectively on "The Human Cougar", "Senior Poer: Growing Old Rebelliously", and "Stop Without Quitting". The program is from 7:30 to 9:30 p.m. Mondays.

Thursday, 22nd A special exhibition of Three Centuries of Art in America from the collection of Mr. and Mrs. John D. Rockefeller 3rd, will be on display through July 31 at M. H. de Young Museum. Many works in the collection, including Charles Willson Peale, Winslow Homer, and Andrew Wyeth have never been on public display. The museum is open 10 a.m. to 5 p.m. daily. Admission (in addition to the museum's entrance fee) is $1.00 adults, 50 cents students and senior citizens.

FLICKS

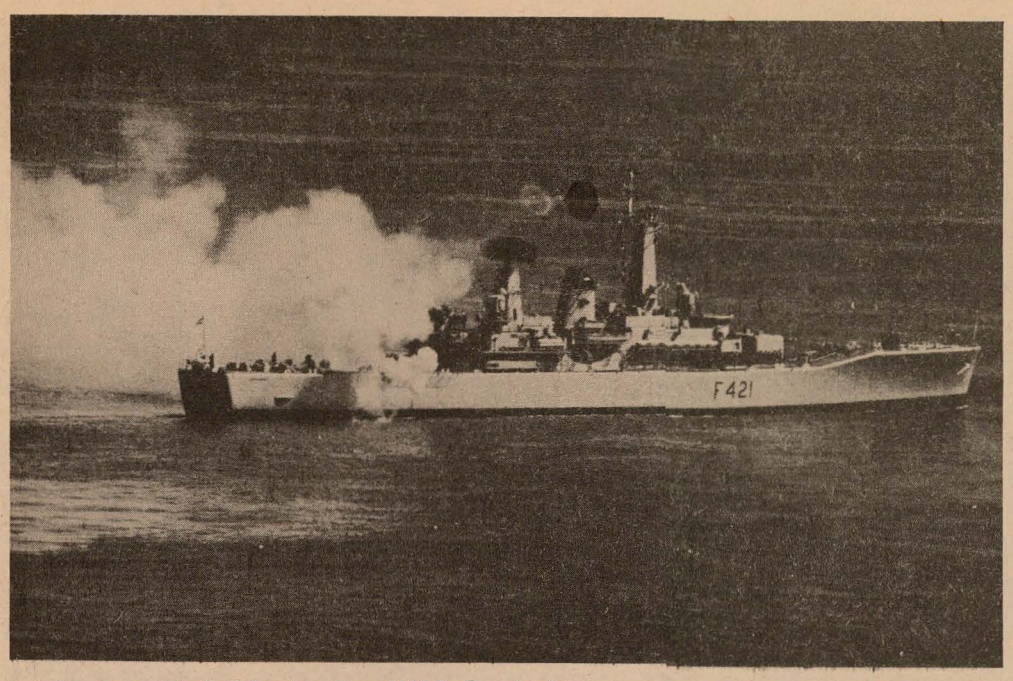
PRESIDIO THEATER
Friday, April 16, 7pm
The Adventure of Sherlock Holmes' Smarter Brother (PG)
Saturday, April 17, 7pm
The Adventure of Sherlock Holmes' Smarter Brother (PG)
Saturday, April 17, 2pm
Huckleberry Finn (G)
Sunday, April 18, 7pm
Hustle (R)
Monday, April 19, 7pm
Hustle (R)
Tuesday, April 20, 7pm
French Connection II (R)
Wednesday, April 21, 7pm
French Connection II (R)
Thursday, April 22, 7pm
Double Feature
Tommy (G)
The Lords of Flatbush (PG)

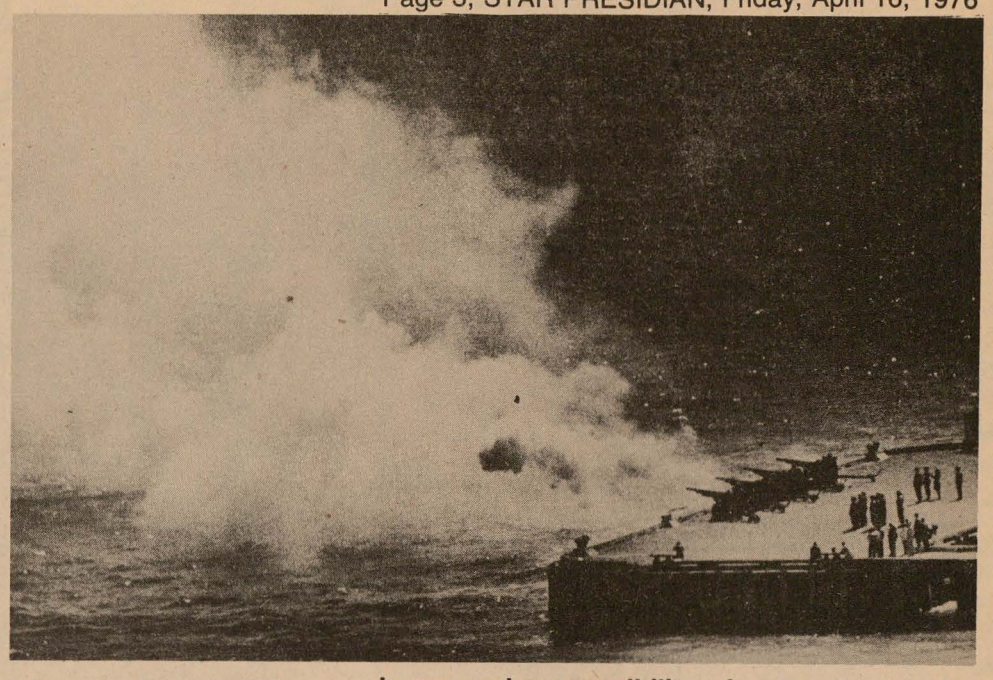
SCHWARTZ THEATER
Friday, April 16, 7pm
Friday Foster (R)
Monday, April 19, 7pm
The Adventure of Sherlock Holmes' Smarter Brother (PG)
Tuesday, April 20, 7pm
The Seven-Ups (PG)
Wednesday, April 21, 7pm
Hustle (R)
Thursday, April 22, 7pm
French Connection II (R)

Star Presidian

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Colonel Warren J. Lodge, commander
Major Michael J. Williams, public affairs officer
Sp4 David M. Ruff, editor
Sp4 Carol Cronin, reporter





A "down under" frigate, the HMS Canterbury from New Zealand, fires her guns in salute as she enters San Francisco Bay. In response, Presidio Honor Guards return with a 21-gun howitzer salute. The salute exchange is a customary welcome for foreign naval ships when they enter U. S. harbors. The HMS Canterbury arrived at 10 a.m. Wednesday. Presidio soldiers have the honor and responsibility of welcoming foreign ships whenever one sails into the Bay. The 105mm howitzer cannons fired by the Army are modified with French 75mm sleeves for blank-firing purposes.

You deserve a rake today

The Presidio will receive a spring spruce-up from April 22-25 when the post clean-up campaign is scheduled.

First Lieutenant Kevin Fitzpatrick of Facilities Engineers says, "Each unit will be assigned an area of responsibility. This will include joint areas in the housing divisions which don't fall under a particular tenant's responsibility."

Each family quarters occupant is responsible for policing midway to the adjacent quarters or to a distance of 25 yards, and to the center line of the street.

Facilities Engineering will distribute flyers to the housing units giving them a schedule of when dump trucks (a majority supplied by the 864th Engineers) will pick up trash, lawn clippings, etc. from the curbs. Residents are expected to help the engineers load the trash into the trucks.

As a guideline for the cleanup, the Facilities Engineers say grass should be watered, lawns mowed and trimmed, and curbs and gutters swept. Equipment such as lawnmowers, grass seed, etc., will be made available.

The Recycling Center, Bldg. 204, has large bins for aluminum cans and newspapers. The center is open the first Saturday of each month from 10a.m. to 2p.m. but the bins can be used anytime.

Forts Baker, Barry and Cronkhite will also take part in the clean-up as part of the general effort throughout all facilities and tenant units of the Presidio.



Editors note: To help Presidians spruce up their spaces, we've asked Rudy Choun, post agronomist, for a few tips:

"Self Help" at Bldg. 250, phone 4361, has sod coring tools for loan and free fertilizer and grass seed for post occupants. Spring is the time to improve your lawn. Ten pounds of fertilizer should be applied evenly to every 1,000 square feet of lawn, or an area 50 by 20 feet. The fertilizer is a high analysis and should be spread evenly, so as not to burn the grass. The fertilizer must be watered thoroughly after it is applied to the lawn. Fertilize only the portion of lawn that you can water in the same day.

A foot-operated lawn coring tool is available to aerate the hard-to-water areas where the water does not penetrate easily. Holes should be cut into the lawn every six inches and the cores should be raked up and used in a mulch around the shrubs. This coring allows the fertilizer and water to enter into the area where the grass roots are. We should get quick results from the fertilizer and save water during our water conservation program.

If you do not have a fertilizer spreader and have to apply it by hand it is better to make two light applications on the same area, so that grass is not burned by heavy applications on spots.

The Presidio is now buying water from the City of San Francisco because of a major repair of our filter beds at the water processing plant. It is very important that every occupant watering their lawns do not leave water on longer than 15 minutes at once. At no time should any water run into the gutter, according to Rudy Choun.

In watering trees and shrubs a saucer of soil 3 inches high - 3 inches wide should be placed around the outside of the plant to hold the water so it can soak into the soil to water the roots.

At Forts Baker, Barry and Cronkhite - there will only be hand watering with a hose. No sprinkler system will be used. We are using Marin District water and will abide by their rules. This also means no washing of cars or washing off sidewalks with a hose. A bucket will be used for this purpose, says Mr. Choun.



1906 quake moves Presidians

In April of 1906, troops from the Presidio and other installations around the Bay Area went into service to assist evacuation of refugees and fighting fires which blazed in the wake of the infamous earthquake of that year. Troops are pictured dynamiting burning buildings to bring the raging inferno under control.

Look ma! No gills!

By Carol Cronin

You don't have to go up to get high. In fact SCUBA diving to great depths will make you high whether you intend it to or not. Martini's Law states that the mental effects of each 50 feet a SCUBA diver descends are approximately equivalent to those of a dry Martini on an empty stomach.

Needless to say, the bottom of the ocean is not the safest place to be drunk. Captain Jacques Cousteau mentions an impulse to hand his mouthpiece to a passing fish. But Martini's Law, or an excess of nitrogen in the blood, is only one underwater phenomenon Master Sergeant Roy Kaiser, a certified SCUBA instructor, warned his class about before taking them into the ocean for their checkout dive in Monterey this last weekend.

This was the culmination of nine weeks of orientation, classroom lectures, and familiarization with the equipment in the post pool. Among other things, they learned how to avoid encounters with the infamous shark, how to prevent the bends, and how to rescue a buddy who has encountered difficulty.

However, learning how to avoid the dangers of SCUBA diving is only a prelude to enjoying the underwater world safely. And did the novice SCUBA divers from the Presidio enjoy their encounter with the murky brine this weekend? As a member of Sgt. Maj. Kaiser's class, this reporter did.

I was glad for every minute of my training though. My first descent was unnerving because of the effect of the pressure and the immensity of the water surrounding me. Sgt. Maj. Kaiser took myself and two other students down, telling us not to rush, and to return to the surface if we couldn't equalize the pressure in our ears. Taking him at his word, we started a series of descents which always found us returning to the surface because one of us had had trouble. Finally, after starting to feel like yoyos, Sgt. Maj. Kaiser decided to take us down individually.

When my turn came and we had descended about 10 feet, I suddenly realized I was equalizing properly, and my equipment was functioning as I'd been told a hundred times it would, so I relaxed and we sunk forty feet until we were standing on the bottom of the ocean. Between frequent "everything's OK" signs exchanged with Sgt. Maj. Kaiser, I took my first leisurely look at the marine environment.

Unfortunately the sea had been rough the day before and so was still somewhat murky, but the freedom of swimming casually along the ocean bottom was still exhilarating. (This had nothing to do with Martini's Law since we weren't deep enough.)

The main purpose of our two dives, though, was to test our proficiency with the equipment, and our rescue and first aid skills. After the second dive we each towed an "unconscious" victim into shore, onto the beach, and administered first aid. Apparently the victims played their role well, because one concerned observer jogged over and asked if he could help.

Major Michael J. Williams and his wife Sharon, both certified SCUBA instructors, helped supervise the dive in addition to assistants from the Presidio dive club, **Conquistadores del Mar.** Maj. Williams will instruct the next SCUBA diving class and is also organizing an underwater photography class. Those interested in the basic SCUBA course must take a swimming test, receive a medical checkup and sign a waiver of liability. Details will be covered at the orientation meeting, April 22, 6p.m., Bldg. 69.

Once you've received a basic SCUBA certification, you can dive with the Conquistadores del Mar. The club meets once a month and has quarterly safety and training meetings in addition to monthly social functions and shore or boat dives. For more information on the club, call Peter Shallish, Recreation Center, 5480.

Outdoor Recreation rents all the necessary SCUBA equipment except for masks and wetsuits and they don't have the facilities to fill the tanks. In order to rent the equipment you must have a basic SCUBA certification.



Photos by M. J. Williams

Presidio instructors **and students head for their second dive off the beach at Cannery Row in Monterey.**



A beached reporter **prepares for her check-out dive.**

Sports

Slow-pitch softball

The PSF softball team beat PX in a Tuesday night exhibition game at Ft. Scott. There probably isn't an appropriate descriptive word for the 31-0 injury PX sustained during the seven inning game. PSF batters whacked out 26 hits with several batters knocking the ball out of the park. The most PX could do was get six men on base, without scoring any of them.

The April 8 opener was postponed because of wet conditions on all five San Francisco fields. Weather permitting, all PSF games are scheduled to be played at the Ft. Scott field, every Thursday at 7:30 p.m.

1976 Giants baseball tickets

Ten box seat tickets for 14 Giants games, including all Sundays, one Saturday, and the Labor Day games, are available from the information/tour/travel center for only $1.50 per ticket. The next game will be on April 25th, the Giants vs. Pittsburgh. A lottery for the ten tickets will be held on April 22nd. Active duty military personnel assigned to the Presidio may submit their names, in person, anytime up to 5:00 p.m. on April 21st. For further details call the ITT center, 561-5480, Monday thru Friday between 1:00 p.m. and 5:00 p.m.

V-ball hits finals

The end week of regular season volleyball has settled over the courts. Playoffs are scheduled to begin April 19 with a double elimination tournament involving the top three teams from Presidio and Ft. Scott leagues. The Pres'y league teams are: LAIR, Support Element, and Oakland Army Base. Ft. Scott will be: 16th BPO, WRRC, and the 525th M. I. Group.

Focus

By A.C. Reyes

The Big Bunny Speaks

Easter is fancy eggs, chocolate bunnies, jelly beans and that perennial favorite of children and grown-ups alike, the egg hunt, and of course—pictures. When you add the flowers, bright spring clothes and brilliant sunshine, you have a picture-taking time second only to Christmas.

As is usually the case, the preparations are as full of possible pictures as the day itself. Egg decorating with colorful swirls is a must. The experienced photogrppher will wait until the decorators get totally absorbed in their handywork to get relaxed, natural pictures. Here, your single lens reflex camera, with a small electronic flash attached, will come in very handy. This combination will allow you to capture the spontaneous changes of expression in the children's faces as the eggs go from blue, to red, to purple, to yellow dyes. A good point to remember is to shoot from the decorator's level.

What becomes of the eggs once they are decorated will vary from home to home, but if yours is one where they are hidden for the traditional hunt, try and get some pictures of the sneaky grown-ups carefully tucking them behind chairs, doors, potted plants, etc. Then, a few pictures of the same eggs being found by gleeful small fry the next morning will make a good sequence of pictures for the family album. A word of caution here, don't use hiding places where children may, in trying to look for the eggs, get hurt. High places or near electrical wires, for example.

Some homes like to display their decorated eggs in a centerpiece, an egg tree or Easter baskets. But always try and get pictures of both the construction and the finished product. Try to avoid a shiny surface right behind your subject when you are using flash. If it can't be helped, aim at an angle to avoid the glaring bright spot a straight-on flash will cause.

Of course, all your Easter pictures needn't be taken indoors. Easter clothes deserve to be photographed out in the sunshine, among the flowers, and if your youngest is happily clutching his or her new stuffed rabbit, so much the better.

The secret here is to make sure to stay close enough so that the clothes, the rabbit and the smiles show up. The lawn, flowers, and the overall view of the other egg hunters may be lovely, but when your subject is people, make sure they fill the viewfinder.

Fiendish Players Furnish Fun

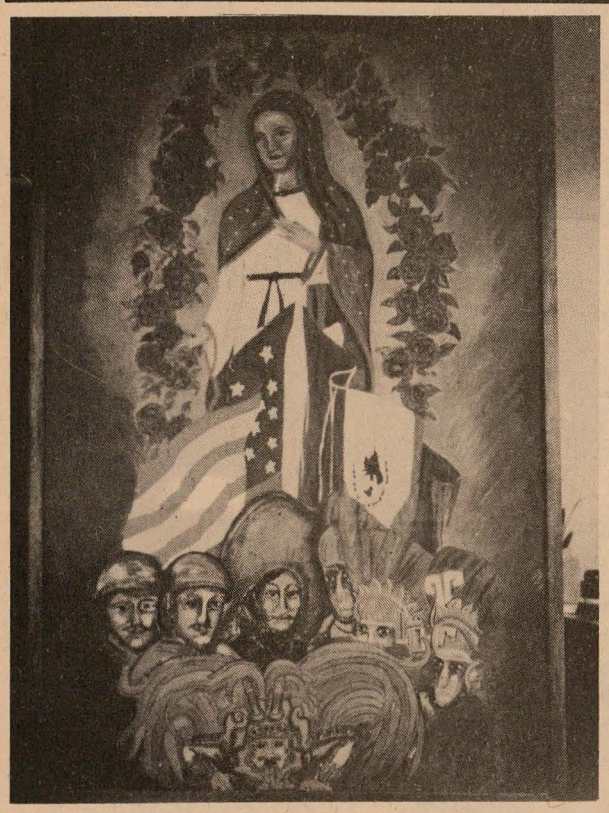
"SWEENEY TODD THE BARBER" or "The Fiend of San Francisco" opens at the Presidio Playhouse on Friday, April 16 at 8 p.m. The 19th century melodrama will play on Fridays and Saturdays through May 22. Tickets are $2.00 and the Playhouse Box Office, located across the street from the Post Movie Theatre, is open from 1 - 5 p.m., except Sundays, and 30 minutes before performances.

Sweeney Todd is a fictitious throat-slashing barber of Stockton Street, who terrorized the citizenry of San Francisco in 1850. The fiendish villain sends his victims through a trap door so that they might be placed into some pies made by his accomplice, Mrs. Lovett. But Mark, the returning sailor hero, miraculously escapes, recovers his stolen pearls, gets his girl, and virtue triumphs. Audiences will be encouraged to "Hiss the Villain" and "Cheer the Hero"!

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Star Presidian

Volume 19, No. 16 | Presidio of San Francisco | Friday, April 23, 1976



***Featured at the Cinco de Mayo celebration* will be Specialist John Garvez's oil painting, "Bor el Amor a la Raza." The five foot by 4 foot painting took the LAIR soldier three weeks to complete. It can be seen at the Recreation Center during the festivities.**

Post slates fiesta for Mexican holiday

The Presidio will commemorate one of Mexico's most important National holidays—*Cinco de Mayo,* with two days of festivities.

To Mexican people it is more than a holiday honoring National independence—it is a pride of heritage. The battle of May 5, 1862 signifies Mexican resistance and revolt against foreign invaders.

The two days of festivities, Friday, April 30 and Saturday, May 1 are co-sponsored by the Presidio, Sixth Army and LAMC.

Friday, April 30—Presidio Recreation/NCO Club

11:30a.m. - 1p.m.—Mexican luncheon with music by Chalio Lopez Mariachis. Guest speakers Rosa Morales, hostess of "Alma de Bronze" KPIX-TV, Dr. David H. Bautista, Public Health School, UC, Philip Montez, Dir, Western Regional Office, US Com. on Civil Rights, will speak on the meaning and significance of Cinco de Mayo. There will also be cultural exhibits and film presented by the Mexican Ministry of Tourism.

7-9p.m.—Balet del Comite Mejicano and the crowning of Reina del Cinco de Mayo, Roberta Torres, current queen of SF Chapter, GI Forum, Mexican cultural exhibits and film.

9p.m.-1a.m.—Latino Dance: La Onda Chicana

Saturday, Mav 1—Playhouse/Football Field behind Playhouse.

1-5p.m.—Activities begin at 1p.m. with a Puppet Show, Walden Marionettes on the Field. The Balet Del Comite Mejicano Folklorico will be held at the Playhouse beginning at 1:30p.m. At 2:30 there will be children and adult games, cakewalk, relays, breaking of pinatas, etc. with prizes, ribbons, and candy. Refreshments will be served.

8-12pm—Presidio Recreation Center will be the place to go for the Latino Dance: La Onda Chicana and Mexican cultural exhibits and film.

¡Amigos! Cinco de Mayo es nuestra cultura e historia. Vengan con sus familias y vecinos a participar en esta fiesta.

"SOCORRO". Means help, help. With any celebration of this size, additional help in cooking, cleaning, and setting up is needed. If you can give some of your time to make this one of the Presidio's most memorable celebrations, please come to the PSF Recreation Center on Tuesday night, April 27, at 7p.m. Bring a friend. For more info, call SSgt. Harper, LAMC Race Relations Office, at 561-3852.

No bodies in bar

NCO club in danger?

Presidio Main Post Library
PRESIDIO OF SAN FRANCISCO, CA 94129

By A. C. Reyes

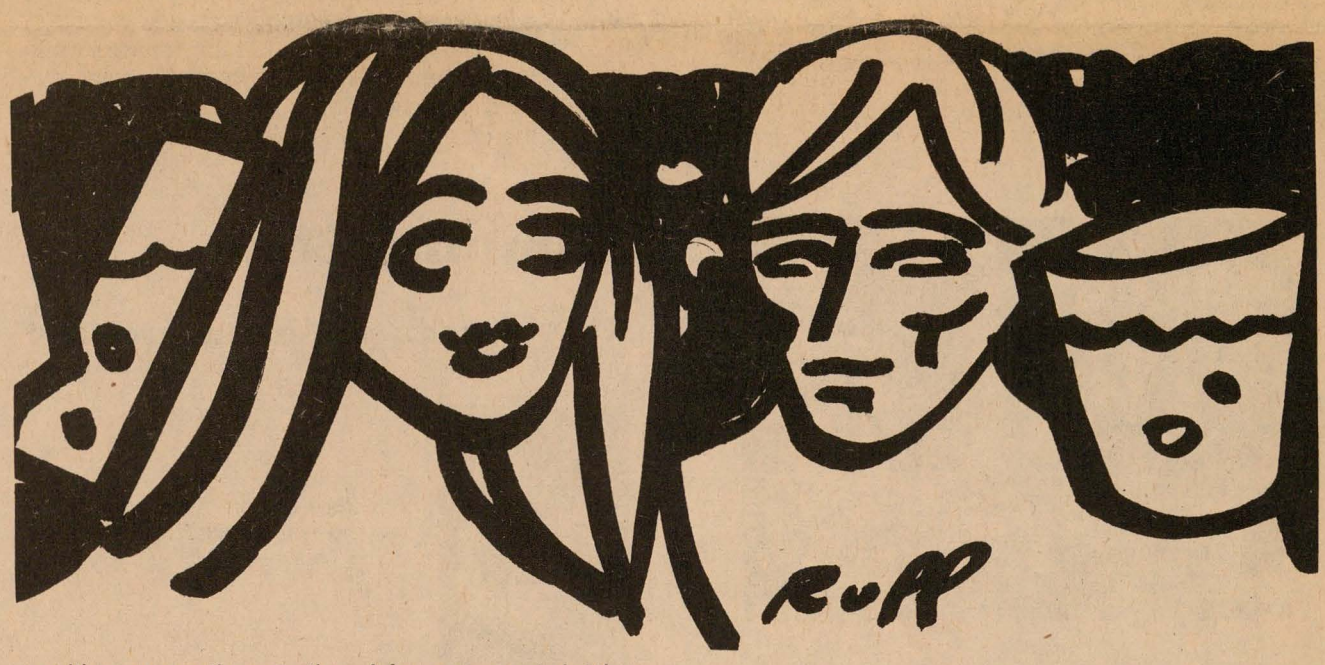
"Meet you at the club, O.K?" How many times during the last few weeks have you said those same words to a good friend, your favorite girl or your wife? Quite a few, no doubt. Ever since it opened at its new location, the NCO club has become, to many "troops", a place where you can quaff a few of your favorite brew (poison), a place where you can listen to your buddy's perennial bitching, or simply unwind after a particularly frustrating day at the office.

There's no doubt, then that the NCO club has something going for practically everyone, reasonably inexpensive drinks, good food, a congenial atmosphere, good location. . .and a deficit.

Simply put, not enough members are utilizing the club facilities. To try and find the reason, SP talked to several members and got a variety of responses.

NCO/EM Club is meant to be self-sustaining. That is, the profits from the various activities, like the restaurant and bar liquor sales are put back into the system. Unfortunately, perhaps because of a diminished clientele, or perhaps competition from civilian clubs in the surrounding area, or a combination of both, profits have been reduced to the extent that serious consideration has been given to the idea of closing the club according to command sources. This would be unfortunate should it become reality.

So how to make the club appeal to more members? To answer this, several soldiers, in the 20-25 age bracket were asked to give their impressions of the club. No attempt was made to accentuate either a positive or negative reaction. A few comments by the club manager appear, comments which we feel are relevant to the questions raised by the club members.



Specialist Delgado, Hqs. Commandant Office: "People that would otherwise make use of the facilities usually have reasons for not doing so. Perhaps the atmosphere is not right—the food does not appeal to you, or even the way the bartender sticks his thumb in your drink." "Not," he hastened to add, "that I have had that happen to me in the NCO/EM Club." "As a matter of fact, I happen to like the food, which is quite good, and the drinks, which are reasonably priced." "I certainly wouldn't mind a cover charge, if the end results are better bands."

Specialist Pam Johnson, Customer Service, COMPACT: "Some more variety would be great. Like that disco night on Wednesday nights. That's very good music, and I like to dance to it." "But," she added, "let's face it. After the same song (piece) is played a few times, you kinda get to wishing for something just a bit different. Take Salsa, for instance, or Reggae music. He (Dr. Webb) has got the vehicle for really bringing the people in, and he does! But perhaps a little more variety wouldn't be a bad thing to have." "Of course," Johnson says, "I really don't know what the situation is in regards to the existing arrangment about the kind of music being played."

Another Specialist, who wouldn't give her name, offered this comment: "Perhaps if there were somebody to kinda screen the bands, perhaps some of the more obviously mediocre bands could be weeded out."

What about the food, this reporter wanted to know, or the drinks and entertainment format? At this, somebody else who was paying very close attention, put in: "Man, like there is no action here. You get them single chicks in here, and you are gonna have dudes tripping over each other!" With that, he downed his drink, and left before I had a chance to ask him his name.

Since it seemed that most of the comments were directed toward the type of music being played, I asked Staff Sergeant William Webb, known professionally as Dr. Webb, whether he could comment on that: "I don't play soul music just because I happen to like it. I realize that there are soldiers out there who would like to hear some other kind of music. But Rhythm and Blues is the kind of music that I know and understand. Soul music, as some people call it, or any other kind of music for that matter, has to be programmed. By that I mean that you work it so that each piece complements the one just prior to it. You must be able to start the customers nice and easy, work it up to a good tempo, and you must be able to sustain that level of enthusiasm. This takes a good, sound (no pun intended) knowledge of the music being played. Otherwise you are just a glorified jukebox, where pieces are played at random without any semblance of continuity. That's just not disco music."

SSgt. Dennis Porche, Club Manager: "On the subject of bands, I would like to say that we do have bands recommended to us, by people that are specifically delegated that job. Of course, it goes without saying that we do have to keep within the budget. And it is a vicious circle; less customers, less profits, and consequently the less capital we have on hand to book entertainment. This is not to say that we are waiting inertly for club members to fall in our laps, far from it. As a matter of fact, it may be of interest that we have just signed a band for the Cinco de Mayo fiesta, and of course, it will be playing music that will be appropriate to the occasion.

"Another thing, I took steps to reopen the Log Cabin on Friday night, that is Western night, playing Country and Western music. I am gratified to see that we generally play to full house. So you can see we are not sitting on our hands, we are trying right now to implement a program to attract, and more important, retain, increased patronage."

"I took over the responsibilities of Club Manager only about a month ago, and I have some ideas that I am trying to work into the program, entertainment format. It is going to take some effort, but I am confident that we can turn that deficit into a profit, and try to keep the Club open."

So there you have it. The possibility of the NCO/EM Club closing its doors looms very large indeed. The facilities are there for our use, and enjoyment. Bring a friend. The club you save may be your own.

Hot Flash. . .Hot fl

Women's Club slates event

The Letterman Women's Club will hold a Champagne Brunch and Fashion Show at the Presidio Officer's Club on Thursday, May 13 starting at 10:30a.m. (note time change). Cost is $3.75.

Reservations MUST be made by noon, Tuesday May 11. In San Francisco phone Mrs. Michael Lessin (Cathy) 561-3542; in Marin call Mrs. John Jolley (Betsy) at 388-9589.

Samaritan recognized

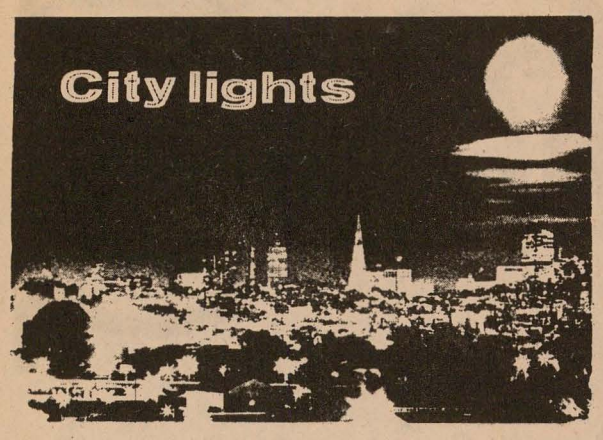
Army Community Service (ACS) has many volunteers, but Mary Schuster was recently recognized for outstanding service. ACS gave her an award last week for having completed 10,000 volunteer hours. She started as a volunteer for ACS in 1965 shortly after it was formed, gradually volunteering more time each week. She has worked four full days a week for the last three years. Her reason for her large investment of time is, "I like working with and helping people. You realize your own problems are small compared to other people's." Keep it up Mary. We need more like you.

New boozer rules

The Alcohol and Drug Abuse Program (ADAP) will be undergoing some changes as a result of revisions in the regulations. A new regulation is already in effect which states that drug abusers who are considered drug rehabilitation failures, after participation in a rehabilitation program for a minimum of 30 days, will be given an honorable discharge. SFC Joseph Kazmierczak of ADAP says, "This will give commanders a tremendous leverage in forcing alcohol or drug abusers to rehabilitate."

Good citizenship rewarded

Give an outstanding friend or associate some recognition. Any military, civilian or dependent personnel may nominate someone for Citizen of the Month by submitting PSF Form 822 to the Army Community Services Officer, Bldg. 913, no later than the third Wednesday of each month. For further information call ACS, 5057/5155.



Friday, 23rd Several events that were scheduled for this weekend have been cancelled or delayed because of the strike, but there are still a few happenings that remain unaffected. Starting with the Presidio Recreation Center tonight, an astrologer will discuss how to read the stars. The demonstration starts at 7:30p.m.

If you prefer something more tangible, how about stamps? Westpex '76, at the Jack Tar Hotel, boasts stamps collectors and dealers from all over the western United States. The show is open today through Sunday, beginning at 10a.m., for $1.50 per day, or $2.50 for "season" tickets.

Saturday, 24th Family fun and picnicking is the background for well-known and aspiring entertainers, historical displays and reenactments, children's theatre, games, and seminars on many social needs and problems. The Bay Area Volunteer Fair will continue through tomorrow 11a.m. to 7p.m., Pier 2, Fort Mason, Laguna and Beach Streets.

The "All Creatures Theater" group of the San Francisco Ecology Center will present a spontaneous evening of entertainment at the San Francisco USO tonight following Bill's free buffet at 6:30 p.m.

Sunday, 25th The Ninth Annual Cherry Blossom Festival is brought to a sparkling close with the Cherry Blossom Parade today at 1p.m. Two thousand colorful participants march from City Hall, north on Polk Street to Post, and west on Post passing the Japan Center, a procession that takes three hours.

Spring cleaning

The spring clean-up campaign is underway, but there's still the weekend ahead to mow lawns, rake leaves, clean flower beds, and clean garages and storage sheds. As an added incentive to keeping your yard neat and trimmed, the Community Beautification Program offers a Best Home Award every second month. A committee will inspect the housing areas during the first ten days of that month to pick the winner. The first award will be this May.

ANZAC memorial day

Australians and New Zealanders in the Bay Area will observe the annual ANZAC Day commemoration at an open-air service Sunday, April 25, 2:45p.m. at the Presidio National Cemetery.

Everyone is invited to attend the service. A reception will follow it at the Presidio Officers' Open Mess.

Drivers beware

Soldiers using military vehicles for private use continues to be a problem for the Presidio Motor Pool. SSG Henry Mudge, NCOIC of the Motor Pool said, "Some personnel continue to make unauthorized trips to the PX, commissary, bank, and even off-post to Jack-In-The-Box and other lunch spots. The vehicles are only authorized for use on military business as outlined in AR 58-1.

Pottery class at Craft shop

Beginners and Intermediate Pottery Class: A pottery class will begin May 8, and convene every Saturday, 9a.m. to 3p.m. for eight weeks. The class is open to active duty military, retired military and dependents, however, active duty military will be given priority. Sign-up is necessary as the class will be limited. Ms. Mary Cargile, former instructor of pottery at California State University of Sacramento and presently a professional production potter will teach techniques in slab and coil construction, wheel throwing, glaze calculation and reduction firing. For class reservation, stop by the Post Crafts Shop, Bldg. 122 or call 4497.

Ramblin' Sam

What makes a professional soldier?



Pvt. Jane Haner: "Having the knowledge of what is expected of you and doing your best in all military functions."



Comd.Sgt. Maj. George C. Cruz: "A dedication and attitude towards duty. The Army is a job that has to be done. A person in the Army may not always like what he is doing, but the true professional will do his best to complete an assigned task."



SSG Bernard Singer: "A soldier who came into the Army 10 years ago!"



SP4 Jeff Zurinskas: "A soldier who has interest in the military, who has pride, and has tolerance when the going gets tough."

Summer uniform changeover

As of May 3 you can pull your summer uniform out of moth balls and don it again. However, for cold-blooded soldiers who prefer winter wear the summer uniform is only optional wear for the Presidio and its subposts.

You can get action

The Commander's Action Line is still available for problems that can't be solved through the chain of command. Anyone (troops, families, civilian employees) with a Presidio-related problem can telephone or write and get action.

Dial the 24-hour phone service: L-I-N-E, or send your questions to:

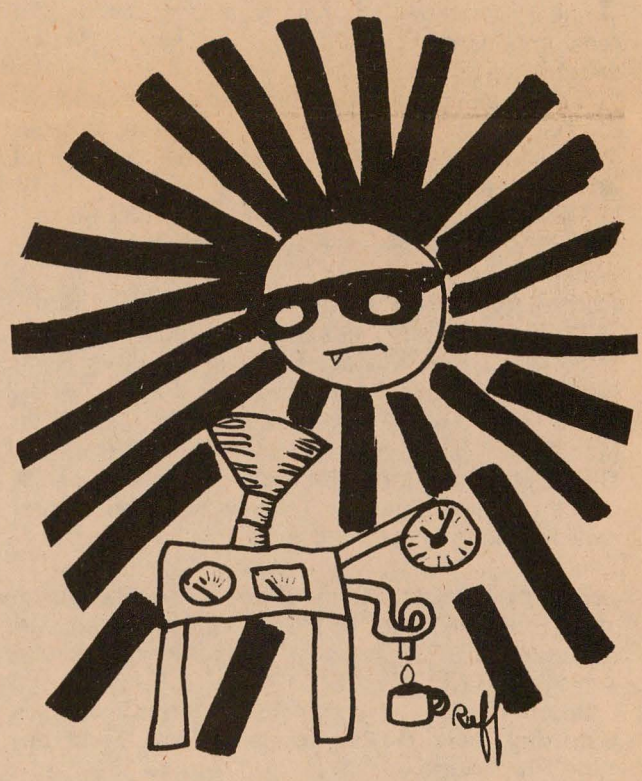
Action Line
Information Office
Presidio of San Francisco, CA 94129

Double up for economy

Transportation into the city is always a problem, but car pooling can solve some of those problems. The Star Presidian will print the names, addresses and phone numbers of people wanting to join or form a car pool. We will run the name for several consecutive weeks.

Double up for SP

A note for people who send us things: double or triple space **anything** you send. If you've done that, you might want to indent paragraphs, put dates and times to civilian terms and eliminate or spell out military abbreviations. Aside from these little rules, (the first is the most important) we'll consider almost any news item, letter, complaint, gossip, recipe or hot flash that you want to send in.



Daylight savings time

Those summer days of lighter nights and darker mornings for a time are upon us. Daylight savings time officially starts this Sunday, April 25. Clocks should be set forward one hour beginning midnight Saturday night, which will then become 1a.m. Sunday morning. Remember to change all your clocks before going to bed Saturday night.

Star Presidian

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Colonel Warren J. Lodge, commander
Major Michael J. Williams, public affairs officer
Sp4 David M. Ruff, editor
Sp4 Carol Cronin, reporter

Wanted: crime prevention

Photos and story by C.D. Steen

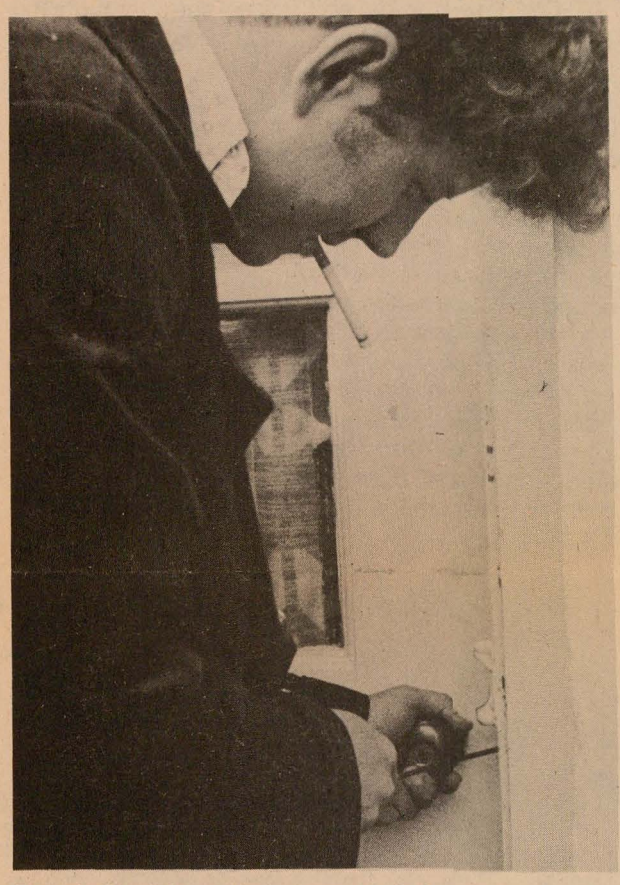
"Preventing crime makes more sense than punishing criminals," said the Presidio Provost Marshal, Lt. Col, Dana S. Kierstead, a while back. To punch this self-made motto home, he started a crime prevention program that not only involves the military police, but everyone.

Said Lt. Col. Kierstead, "The burden of crime prevention must be shared by everyone with profound dedication if crime activity is to go down."

The MPs now have a crime prevention/public relations office which is aimed at combating crime before it happens. But it's the general public who must help in its success.

Staff Sergeant Richard Boyer, NCOC of the crime prevention office, explains his office's functions. "The crime prevention office is sort of preventive medicine for crime. We are involved in educating residents on post in how to keep from becoming victims of crimes in any form, from robbery to rape."

The sergeant explained that the program is categorized in three parts, or operations. 'Operation Neighborhood Watch is a community program that



***Portraying a burglar,* our model shows how easy it is to break into an unwatched building.**



***After selling the booty* from the building, our pseudo-burglar becomes a money flasher as he tries to impress a girlfriend. He also impressed others who rid him of his larcenous loot later.**

should involve everyone in the various housing areas," said the office honcho. "The responsibility lies with the people, informing the provost marshal's office on anything suspicious in their respective neighborhoods. For example, suspicious activities of someone not recognized from your own area. This could mean a variety of things, from kids throwing rocks at a street lamp, to someone trying to enter an empty house. To help familiarize people on crime prevention in this respect, our office personnel give briefings at commander's call, and present orientations to community groups on the different crime prevention subjects.

"The second part of the program is 'Operation ID'. This is personal valuables insurance. We urge those with costly items which can be easily stolen, such as televisions and stereo equipment, to record the serial numbers in a special folder that can be acquired at our office in the Welcome Center building. People arriving at the Presidio will soon be given one when they process in. Others are given out during monthly unit commander's calls. Another part of this operation is the marking of valuables with these ID numbers. This makes it easier to trace lost goods later, should they show up in a pawn shop where most stolen valuables do."

Finally, crime prevention decals should be placed in windows. These decals explain that all valuables in the household have been marked and recorded. It's been proven that most would be thieves will shy from a house that is taking a stand on crime prevention and will seek easier prey. Perhaps if all housing had these decals, thieves would leave the Presidio area alone. People losing goods that weren't marked have almost no chance to recover them later, because there is no evidence to go on.



***With no money left,* he zeros in on unwary WAC on a lonely path. Robbery and rape could be on his mind.**

Editor's Note: The models shown put on a great act for the SP cameraman, but are actually honest MPs.

"Operation Lockup" is the last phase of the program. When you leave something unsecured and an MP discovers it, the MP will place an "Important Notice" flyer in or on the unsecured item. The notice simply says "Odnac says, 'If I were a thief I would have selected your property because..." A list on the notice shows the owner why his item is unsecure. Examples are, cars left unlocked with stereo equipment in it, bicycles left unlocked or just lying around unattended. A cartoon character, looking much like one of the Beagle Boys, smiles manacingly at the reader. Hopefully, this notice will remind people not to be careless the next time. Of course, if the item is already gone . . ."

Besides this kind of crime prevention, more severe types, such as rape or assault, are talked about at community and commander's call meetings, said Boyer. A crime prevention representative can be sent to explain how to deal with these types of crime.

SSgt. Boyer concluded by paraphrasing a familiar slogan, "The crime you prevent may have been your own".

Stamp out apathy!

By Frank Noto

Are you a member of the **real** Silent Majority? Are you one of that huge group of Americans who are convinced that the country's going to the dogs but are doing nothing to stop it?

You can do something right now. Most states will have primary elections from now through June.

Why vote in the primary? Many of us see ourselves as independent voters who make up our own minds and refuse to blindly endorse either party. To vote in the primary you must register as a party member. And that's where our brave independent voter draws the line. "No", he says, "but I'm not a Democrat (or Republican, or Socialist, or whatever). I staunchly refuse to be made to vote for Democrats when the general election comes along, and I hate you for suggesting such a thing."

Fine, but nobody made any such suggestion. There is no law anywhere that tells anyone how he must vote in the next general election, regardless of how he registers. This stands to reason—we have a secret ballot. There is no law, no custom, no moral reason which obligates you to vote for any party.

Again, why vote in the primary? Because if you really want to have any say in who runs the government, you not only have to vote, you have to vote often. Above all, you have to vote in the primaries. Then you get TWO votes—you not only get to choose among the candidates in November, you also get to decide who the man or woman of one party will be.

And don't just stop at the Presidential primaries. Find out something about the people (and their politics) who are running for Congress and the State Legislature in your area. There's where you can make a real difference. In 1974, the election for U. S. Senator from New Hampshire was decided by 87 votes, and the other candidate won the recount by only 2 votes!

Are you afraid that you don't know enough about the candidates' stand on the issues to make an intelligent choice on election day? Then spend just one hour in your local library browsing through the political pages of any national magazine like U. S. News & World Report, Time, Newsweek, or a number of others. Chances are you'll feel a lot more confident of your ability to make an intelligent choice after that. By all means don't limit yourself to those sources if you have the inclination to study further. Read your hometown newspapers, ask the League of Women Voters for information, or drop by the office of a few candidates you are interested in. The point is, you can make an informed choice even with minimal preparation—and that is better than voting blindly or not at all.

Is it important to vote in the primaries? How do you decide what is important? How much time is your government worth to you? It costs you a large share of your income each year. As government employees, it pays your salary (and determines the size and form of your salary). It may even cost you your life—it can send you off to war or fail to protect you from murderers and drunken drivers here at home. People always get the type of government they deserve.

Is that important enough for you? VOTE—and vote in your state's primary election.

Members of the Armed Forces are reminded of certain restrictions concerning their political activity. Personnel may register, vote, and express their personal views on political candidates and issues, but not as a representative of the Armed Forces.

Joining political clubs and making monetary contributions to those organizations is permitted if it is done out of uniform and as a private citizen. In addition, Armed Forces personnel may sign a petition to place a candidate's name on a ballot, provided the signature does not obligate the person to engage in partisan activity.

Personnel may attend partisan political meetings or rallies, but only as spectators and out of uniform. Small political stickers may be displayed on private vehicles.

Military personnel may serve as election officials only if: the service is not as representatives of a partisan political party; the service does not interfere with military duties, and the person has prior approval.

U. S. Army Forces Command encourages its personnel to exercise their rights, as private citizens, to participate in the political system while maintaining an impartial stance as members of the military.

For detailed restrictions on political activity, consult DOD Directive 1344.10.

Sports

FORSCOM bowling tourney

Ten Presidio bowlers will be on their way to Ft. Riley, Kansas, Sunday, to compete in the Western Region FORSCOM Bowling Tournmant. The one-week competition will see 11 teams battling it out in team doubles and individual events. Representing the Presidio are: Roger Goodman, (team captain) 192 average; Bob Bridges, 191; Joe Marcucci, 188; Pete Taoy, 188; and John Hansen, 186, as the alternate. On the women's team are Hennelora Smith (team captain), 148; Sharon Lucas, 159; Lois Dychman, 144; Evelyn Pettiway, 157; and alternate, Carolyn Chaney, 143. The teams will bowl 15 games during the tourney.

Commander's golf tourney final

Winners in the Commander's Golf Tournament, April 14-15, are Joseph Solenski, senior division, who whacked his way to a 165, 36 hole finish, and in the Open Division, Leonard Burdick rounded a 168. Runners-up are Don Naylor, Senior Division, who shot 166, and in the open, Michael Brown came in with 182.

Has the season started yet?

By now, Post slow-pitch softball faithfuls may have given up hopes of ever seeing the start of the '76 season opener. It seems something always prevents the first game from ever happening. Wet field considerations postponed the opener two weeks ago, a power failure short-circuited last week's game, and finally the team Presidio was supposed to play Tuesday, cancelled out. Maybe by the time you read this, the first regulation game will have been played. But then again, maybe an earthquake will cave in the opener.

In an exhibition game against the 402nd M. P. Company Tuesday, PSF smashed them, 15-0. PSF banged out 19 hits, while 402nd was held to a runless five hits.

Boxing bout

An intramural boxing tourney will commence April 29, 7p.m. at the Ft. Scott gymnasium. Contact Charlie Tubbs, ext. 2070, for more information.

Karate kickers klash

A lot of non-contact kicking, roundhousing, and back heeling was going on at the Post gym, Tuesday night, during the Presidio Karate Tournament. Three belt-divisions were used in the Armed Forces Karate Association Rules competition.

LAMC's Robert Navarro brought the crowd to its feet as he displayed his sweep round-house, reverse punch combination, taking first place in the black belt division.

James McCammon, 504th M.P.Bn., won in the White Belt division, and Robert McLeod, also from the 504th, took the Colored Belt division. The contest was judged by individual techniques thrown and not on actual contact between opponents.

Softball clinic

All interested personnel should attend this clinic, slated for Thursday, April 29 at 1:30p.m. in Bldg. No. 135. Intramural play starts on or about May 3. Learn more about this popular sport by attending this clinic.

Track and field tourney

The Intramural Track & Field Championship is slated to be held May 14 at an off post site. All military personnel assigned to the Presidio are eligible to enter. For further information call Bob Darling at the Post Gym, ext. 4120/5032. Deadline for entries is April 28.

Grover Hot Springs-Lake Tahoe

The San Francisco Central YMCA is planning a relaxing weekend in Lake Tahoe on April 30, May 1 and 2. We'll visit Grover Hot Springs near Lake Tahoe and reside in a plush cabin in the woods.

Sailing class

The San Francisco Central YMCA, 220 Golden Gate Avenue, is offering a sailing class consisting of an evening of theory on Friday, April 23, from 7-9:30p.m., followed by a day on the Bay Saturday, April 24. Since numbers are limited, early registration is required. For further details call Central YMCA: 885-0460.

Halt! What gives?

By V. A. Braten

I walk slowly down the path along the perimeter when I hear a pistol being cocked. I drop, turn and fire a level shot at the sound. A resounding scream of pain echoes back. Another noise! I swing to my left and fire again but too late, he fires too and I go down. I remove my machine-pistol and take aim, I. . .

HEY! HEY MAN! WAKE UP! IT'S YOUR TURN TO PULL GUARD! What? What time is it? Three A.M. already? Ok Let's go. . .shotgun, pistol belt, helmet. . .Hey! Where's my machine-pistol? WHAT?!?

Oh, uh, never mind.

I start to walk the perimeter and my mind runs away with the noises out in the woods and makes up a few of its own also. My imagination goes wild!

The situations, the battles where you always win in the end. Oh the novels I could have written. . .It's my fourth time around and I hear Harvy, the local hoot-owl, calling for company. I oblige him, cup my hands and hoot back. . .wait. . .he hoots again. There's a flutter above me and Harvy perches in a tree by my head. He seems to give me a cold look.

I guess I'm not his idea of a fine feathered friend. I hoot again and he's gone in a feathered fury.

It's quiet again for quite some time. I pause for a moment, it sounds as though someone's misplaced a Boy Scout in the campground next to us.

Flashlights flick on and voices carry through the woods. I stand in the shadow of a tree and wait to see if they find him.

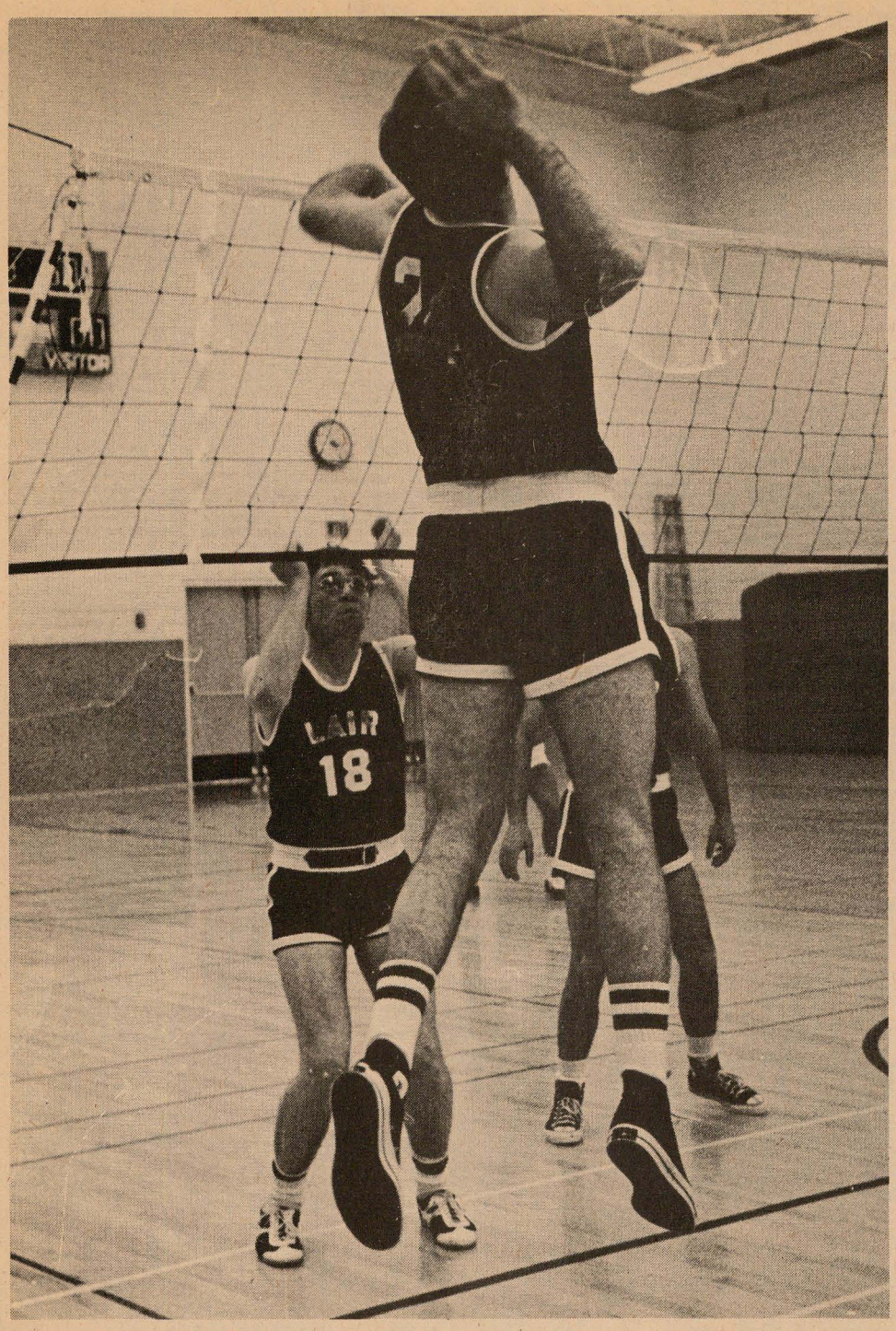
A few moments later a small voice drifts out of the latrine, "Here I am!" Another mystery solved, the lights go out, and I start wandering along the perimeter.

Four fifteen. . .five. . .five after five; headlights pop over the hill and the next two guards numbly accept the weapons, helmet liners, pistol; mumble something about the "fine life" and the Army, lock the gate and we bounce over the rutted road and back to the company.

I find an empty bunk, and collapse for another four hours. Now, let's see, where was I. . .

Ah yes. . .I remove my machine-pistol and take aim, I disarm three more, just as reinforcements come. They thank me and take me to the hospital. Once there, I get a call from the General thanking me and promising me a medal. . .a promotion too?. . .sure why not. . .

Photos by Lisa Kanemoto





LAIR team members practice against **themselves before competing in the Intramural volleyball play-offs Tuesday night. LAIR went on to sweep away opponents, 15-11, 15-4 against WRRC, and 18-16, 15-6 against 16th BPO. Support Element was also a winner, trouncing Oakland Army Base, 15-0, 15-12, and 525th M.I., 15-3, 15-9. The championship games will see LAIR and Support Element battling today at 5:45p.m.**

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Volume 19, No. 17

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Mother Nature calls



See pages 4 and 5

Photo by C.D. Steen

Photo by C.D. Steen

Ft. Point Surfers

See page 8

.Hot Flash. . .Hot

Dog obedience course

A Dog Obedience Course designed to help dog owners master their dogs will be offered through the Central YMCA beginning Saturday, May 1, from 2 - 4p.m. The 8-week course will be held at 41st Avenue and Quintara Street, for beginners or intermediate.

Los-Nicotine Cigs queried

Cigarettes low in nicotine may well do more harm than good to those who already smoke, Consumer Reports says in its May issue.

The magazine explains that nicotine is an addiction agent and when cigarettes contain less nicotine, smokers change their habits to get more. Those who increase their smoke intake increase their intake of cancer-causing tar and carbon monoxide, Consumer Reports warns.

Consumer Reports notes that a few brands are so low in tar and nicotine that a switch to one of those brands would reduce both tar and nicotine intake. Few smokers have accepted those brands, the magazine adds.

With most low-nicotine, low-tar brands, smokers often increase the number of cigarettes smoked—smoke to a shorter butt—increase the size of the puff or puff more frequently, according to Consumer Reports.

Ballroom dancing

A ballroom dancing class for those who want to learn or improve on their waltz, foxtrot, and cha cha will be offered through the Central YMCA beginning May 6, from 7:30 - 9:30p.m. This 8-week class will be held at the YMCA Hotel, 351 Turk Street. There will be no charge for women. For further information, call Central YMCA at 885-0460.

Parks official to speak

Robert Van Horn, Chief Deputy Director, State Parks and Recreation, will be the main speaker at the Annual Meeting of the Tamalpais Conservation Club on Sunday, May 2.

The meeting, to be held at Camp Alice Eastwood in Mt. Tamalpais State Park, will start with a social hour at noon. The public is invited to come and bring a lunch. Coffee and tea will be provided.

Should the weather be inclement, the meeting will be held at the Tourist Club.

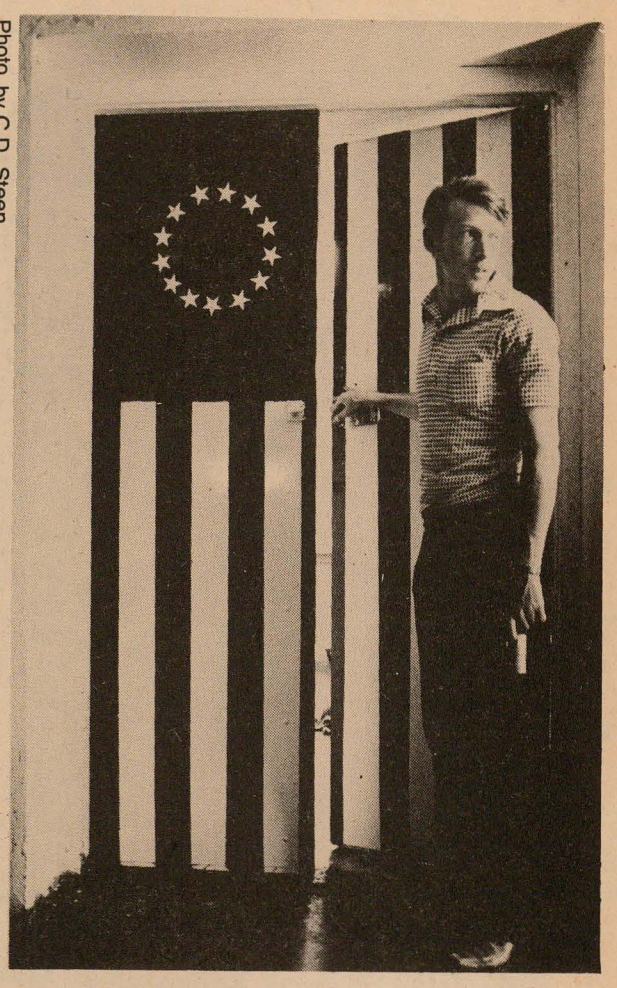
Women's Club sets TM slate

The Presidio Women's Club will hold their May luncheon on Thursday, May 6, at the Presidio Officers' Club. Sherry hour will begin at 11a.m. with lunch at 12 noon. The speaker will be Maureen Stern from a local chapter of TM who will talk about the benefits of Transcendental Meditation—a form of self-realization. The annual business meeting will also be held. The new officers will be presented and voted upon and the scholarship award will be presented to this year's winning high school senior. Reservations can be made by calling Joyce King, 561-2773; Doris Dixon, 563-1356; Karen Judd, 561-2459; and Marie Potter (Marin) 472-7677 by May 3.

Leave the Driving to Them

Thirty-nine safety awards for safe driving were presented to 15 military and 16 civilian drivers of the PSF Transportation Motor Pool. Eight military drivers were presented the Military Driver's Badge signifying a year of accident-free driving. The 31 drivers have accumulated over 240,000 miles of accident free driving, according to Lt. Col. Frank Meegan, nhief of the transportation division.

Photo by C.D. Steen



People entering the supply room **of the 163rd Military Police Detachment may have an understandable urge to salute the door. But PFC Kevin Hooper says it isn't necessary. Hooper, in keeping with the omnipresent Bicentennial spirit, decided to spruce up the supply room's double doors by painting it to look like an early American flag. It took the supply clerk three days and three cans of red, white and blue paint to finish the job.**

State primary dates

Soldiers who wish to vote in presidential primary elctions in their home states can pick up a post-card type *absentee ballot request* at their unit orderly room or from the unit voting assistance officer. The absentee ballot request must be mailed to the soldier's home state, and the state will return an absentee ballot to him before the election. Since the time limits for the ballot to arrive before the election varies with the state, soldiers should contact their voting officer as soon as possible.

The following states will conduct presidential primaries on the dates indicated.

State	Primary Date
Texas	May 1
Alabama	May 4
District of Columbia	May 4
Georgia	May 4
Indiana	May 4
Tennessee	May 6
Nebraska	May 11
West Virginia	May 11
Maryland	May 18
Michigan	May 18
Idaho	May 25
Kentucky	May 25
Nevada	May 25
Oregon	May 25
Rhode Island	June 1
Montana	June 1
South Dakota	June 1
Arkansas	June 8
California	June 8
New Jersey	June 8
Ohio	June 8

Blotter

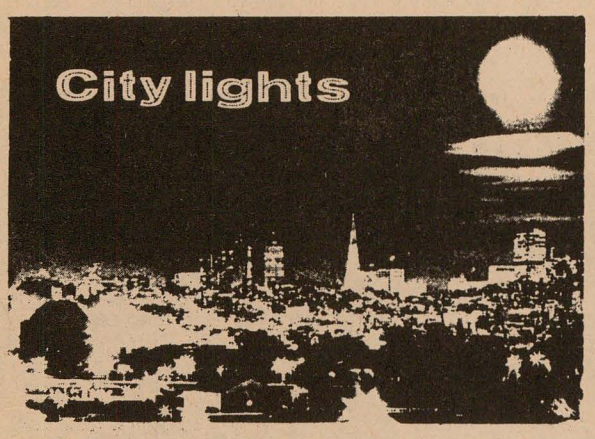
By Jody Hansen

This case was taken from the MP Blotter and is an actual case with names and dates deleted.

It was gone! She had cashed her pay check and left $110 in large bills in her dresser drawer. Now she had needed some money and the pay envelope was lying in the drawer empty. Perhaps she should have locked the room before going to work, but she had left it open before and nothing had been bothered.

Several things could have been done to avoid this loss or aid in the possible recovery of the money. A room should always be locked when the occupant is gone. An effort should be made to avoid keeping large amounts of cash in the room. Use the company safe or a banking account when possible. If you are going to keep large bills—fifties and twenties—record the serial numbers. This is necessary for proof of ownership.

Larcenies do happen. Don't help them happen to you.



Friday, 30th The breeze is picking up again and the sailboats are out on the Bay to greet it. The Master Mariners Regatta provides a way for old style boats to try their mettle. Fifty boats, mostly constructed of wood, are handicapped and starting times will be staggered. The Alma, only surviving scow schooner of the type that competed in the first Master Mariners Regatta, starts the race at St. Francis Yacht Harbor, Marina Boulevard, parallels the shore to South San Francisco, returns to the Marina and finally crosses to Angel Island. The race will last from noon to 3p.m.

Saturday, 1st Hurry! Hurry! Hurry! The circus is in town. The Shrine Circus offers the traditional thrills and chills at the Civic Auditorium today 10a.m., 2p.m. and 8p.m., and tomorrow 1:30p.m. and 5:30p.m. Admission is $3.00 adults, $1.50 children, general admission or $4.00 adults, $2.50 children, reserved seating. Tickets may be purchased at the door, or at the Shrine Box Office beginning Friday.

Sunday, 2nd See ***Lacrosse*** played at its best at the Western States Lacrosse Tournament. The tournament will field 12 teams at the Polo Field, Golden Gate Park, 9a.m. to 5:30p.m. There is no admission fee.

Monday, 3rd Galileo Community College Center presents three California authors as part of its "Meet The Authors" program. Collin Wilcox, author of many suspense novels will discuss his reason for choosing the writing profession. Chester W. Hartman, an expert on the housing situation, particularly on Yerba Buena, will speak on that subject. John Maher is a versatile author and critic who will present "A Guide To Peaceful Revolution In America." The program is at the Galileo Community College Center, Bay Street and Van Ness Avenus, 7:30p.m. to 9:30p.m. Admission is free.

Tuesday, 4th Need to jazz up your life? If so, soak up a bit of the jazz offered by San Francisco State University's Jazz Band Concert tonight at 8p.m., Knuth Hall. Bennett Friedman is directing. Admission is $2.00 general, $1.00 students and senior citizens.

Wednesday, 5th The San Francisco Conservatory Woodwind Quartet features Samuel Barber's "Summer Music." Samuel Barber is the only American composer to win two Pulitzer prizes in succession. The concert begins at 8p.m. at the Exploratorium, 3601 Lyon Street. Admission is a 25 cent donation.

Star Presidian

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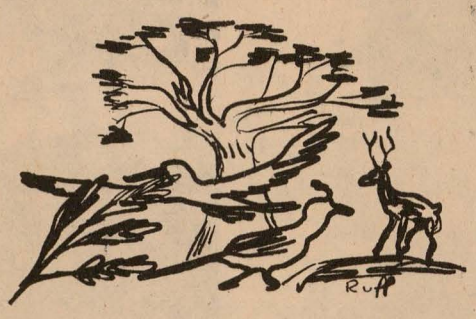
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Ecology: nature abounds on the Presidio

By Carol Cronin

Ecology: a study of the mutual relationships, collectively, between organisms and their environment.[1]

Ecology is becoming a household word today, probably because we are constantly seeing the dramatic effects of man's impact on his environment. The eco-system of an area not including man may remain fairly balanced for long periods of time, but when man appears he often creates changes in an area faster than he learns of the far-reaching consequences to nature resulting from his actions. By understanding the inter-relationship



of the Army and its environment of the Presidio we may avoid some of these negative consequences.

The Presidio Army Installation also has a very complex economic relationship with the city of San Francisco. The city offers a range of activities and benefits to the soldier or civilian employee of the Presidio. Likewise, the Presidio, one of the largest employers in the Bay Area, provides taxes and income for city businesses. The Presidio has an annual payroll of almost 72 million, and an annual budget of 100 million dollars. It employs approximately 8,000 people. Adding 38,000 retired military in the area who receive 160 million annually, 125 million is spent annually in communities near the Presidio. However, this article will focus on the changes in the natural eco-system that the Army has brought about on the Presidio.

The Presidio consisted originally of barren hills, rocky soil and drifting sands. If one stood on a high point and looked north across the Bay, not a single tree could be seen. In 1880 a program was initiated which resulted in school children planting trees on the Presidio each Arbor Day. This program and others have resulted in more than 80,000 Acacia, Cypress, Eucalyptus, Madrone, Pine, Redwood and Spruce trees being planted since 1847. In addition, 1,200 Giant Redwood were planted in 1972-73.

Although no one debates the resulting beauty of the Presidio, some naturalists regret that many native plants are being overrun by the introduced trees and shrubs. Ida Geary, who teaches plant classes on the Presidio, feels the popular iceplant, that has been planted in many areas around post, is encroaching on a lot of area that would otherwise have wildflowers and native plants.

Dr. Elizabeth McClintock of the California Academy of Sciences said, "The Presidio has had a positive influence in preserving open areas, but it has neglected preserving natural areas."

Wayne Savage of the Department of Botany and Plant Ecology of San Jose State University, in a study done of "Plant Life of the Golden Gate National Recreation Area with Recommendations for Management and Research", went so far as to suggest that the introduced plants be removed to allow reintroduction of the native plants, since he feels the two are not compatible. He felt the reintroduction would be less expensive in the long run, since native plants are better adapted, and would therefore require less maintenance.

Bob Valen, a ranger with the Golden Gate National Recreation Area disagrees. "The Eucalyptus and other introduced trees and shrubs were planted over a hundred years ago and have adapted well. Many of them now serve necessary functions for the developed areas such as preventing erosion and serving as windbreaks."

The Presidio has preserved one of the few examples left in the Bay Area of fresh water marsh vegetation. The reason for its continuance is its usefulness. The springs at the mouth of Lobos Creek have provided a plentiful water supply for the Presidio for years, and the vegetation, such as watercress growing on the banks, creates a natural filter which begins the water purification process before the water ever reaches the treatment plant further downstream.

Ray Logan, manager of the water treatment plant says there is as much as three-fourths of an acre of watercress along the banks. Civilians used to control the watercress by cutting it for their own needs, but increased security demands that the plant employees maintain it now.

Rudy Choun, post agronomist, says, "We use only non-volitile herbicides which don't affect any plants other than the weeds." The post also uses very few pesticides since Ganbusia Affinis (or Mosquito fish) were planted in Mountain Lake.



These fish live up to their name by eating the mosquito larva in the lake. Mr. Choun describes their program as, "mainly a prevention program. We try to eliminate the source of the problem."

To make people more aware of the plant life and historical significance of the Presidio, there is an established Historic Trail, and a series of nature trails under construction. Before the end of the summer three trails will be completed which can be walked as self-conducted tours, or a tour guide may be requested. These guided tours will be offered approximately once a week as requested, and will consist of from 10 to 30 people.

Native wildflowers

Presidio blooming all over

The Presidio has been famous for its California native plants since 1816, the year in which Chamisso and Eschscholtz, two naturalists with a Russian expedition under Captain Kotzebue, visited here. While their ship, the "Rurik," was anchored nearby, the two naturalists roamed the Presidio exploring and collecting California plants, all of which were unknown in Europe at that time.

The Presidio is the "type locality," of 29 different species of California plants, i.e., the locality from which they were first identified, and the area is interesting to local and international botanists for this reason.

California native wildflowers and flowering shrubs can be found in bloom in the Presidio the year around, but spring is the time of greatest blooming.

If you hurry, there are three good places to see native spring wildflowers—the same that Chamisso and Eschscholtz saw in 1816—at Battery Boutelle (No. 14 on the Presidio Historical Trail May); along the broad path winding down from the Golden Gate Bridge viewing area to Fort Point; and on the grassy hillside above El Polin Spring, on the way to Inspiration Point (Nos. 6 and 7 on the Trail Map).

Another plant of interest near Fort Point is the purple-flowered Franciscan thistle *(Cirsium andrewsii)*, one of the rarest thistles in the world. It grows only on serpentine rock from Sonoma County south to San Mateo County. The large leaves look like those of cultivated artichoke, a close relative. Nearby is the clinging vine of wild cucumber *(Marah fabaceus)*, with tiny yellow flowers. It's cucumber is not edible. In fact, it tastes terrible—I tried it.

Finally, two very prominent plants on the headlands of the Presidio right now are the tall cow parsnip *(Heracleum maximum)*, and the almost as tall angelica *(Angelica hendersonii)*. These are often confused, but cow parsnip has a flat white head of flowers while the angelica's head of flowers is rounded. Their leaves are different also. Angelica is related to the seasoning used today in cake making, while the cow parsnip was a staple of the diet of Indians who lived here.

The Indians may have eaten many of the wild plants now in bloom but today it is against the law to pick them. In California, the fine is $500 for picking native plants.



Ida Geary takes members **of her plant identification class on one of the nature trails being established.**

Photos by C.D. Steen

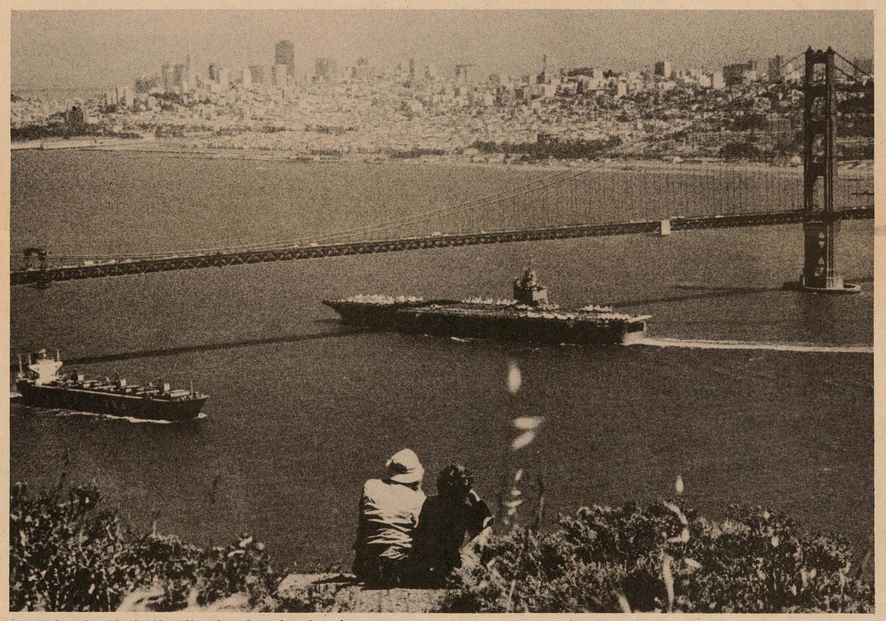


The California Poppy, **our state flower, can be found growing wild in many areas on post.**

(Ida Geary teaches plant identification for San Francisco Community College in the Promenade Classroom, Bldg. 672, near the Coast Guard Station. Classes and walks are 10a.m. to 3p.m. Monday through Friday and participants attend once or twice a week at their election. The classes are free. On Fridays, special classes are held on wetlands plants for the U.S. Army Corps of Engineers. Mrs. Geary is the author of two books on California native plants: MARIN TRAILS, and THE LEAF BOOK, a field guide to plants of Northern California. An exhibit of the work of Mrs. Geary's classes is currently on display at the Presidio Library.)



Fishing anyone? **Ft. Baker has the piers.**



Head for the Marin Headlands **– just for the view.**

Get out, join Mother Nature

Story and Photos by C.D. Steen

Some of the prettiest environment in Northern California can be found right on the Presidio and its surrounding Forts. Controlled mostly by the Golden Gate National Recreation Area, Forts Baker, Barry and Cronkite are a virtual paradise for hikers, bikers, fishermen and people who just like to get out of the city.

The Presidio itself offers modern-day explorers an adventure into the past with flavor of the present. Animal life abounds, and some of California's most beautiful native foliage can also be found here. Get out of your building and get into nature—while we still have it!



Lots of restful stops **for ubiquitous bikers.**



Presidio and sub-post beaches **are made for strolling.**



Photo by A. C. Reyes

Sailors beach their catamaran **on the Presidio shore.**



Excellent company abounds **on the miles of hiking trails.**

Post celebrates Chicano Culture Week

By Alejandro Soto

April 30 through May 6 is Mexican-American/Chicano Cultural Appreciation Week. The week revolves around the Mexican holiday, El Cinco de Mayo, commemorating the Battle of Puebla on May 5, 1862, in which local defenders held off superior French forces pursuing the conquest of Mexico. It is during this week that the contributions of the Mexican-American/Chicano of this nation are reflected upon.

Mexican-American/Chicano history began as much as 50,000 years ago with the introduction of the first man in the Western hemisphere. Evidence indicates that there were several waves of migration onto the American continents from Northern Asia, with occasional and accidental additions from Europe, Africa, and the South Pacific. The cultivation of corn allowed high level civilizations to develop in a huge arc extending from the Mississippi Valley southward to Chile. The three highest civilizations were the Mayan, the Aztec and the Inca.

Beginning in the mid-fourteenth century, the Aztecs established a vast empire that promoted an integrated culture throughout Mexico. The Spanish conquest of Mexico began in 1519. In spite of the Spanish imposition, the day-to-day culture of the great mass of the people continued virtually unchanged from pre-Hispanic times. Moreover, since relatively few Spanish women came to Mexico from the very beginning of the conquest there was a physical and cultural blending. The fusion of Indian and Spanish blood produced a new man, the mestizo, and a new people, La raza.

The initial European exploration and development of the southwestern United States were undertaken by the Spaniards between 1530 and 1800. Major areas of settlement were in what are now the states of New Mexico, Texas and California. By the time of Anglo-American takeover, the Southwest had highly developed systems of trade, cattle ranching, mining, and irrigation farming.

The settlements of the Southwest have given birth to a romantic myth that the early settlers were Spanish dons and flashing-eyed senoritas. The historical record indicates, however, that the settlers were mestizos, Mexican Indians, and mulatos. Historically, frontier regions have never attracted members of the upper classes in any number, and this area was no exception. The northern frontier offered attractive opportunities to the lower economic classes of Mexico, as it still does today.

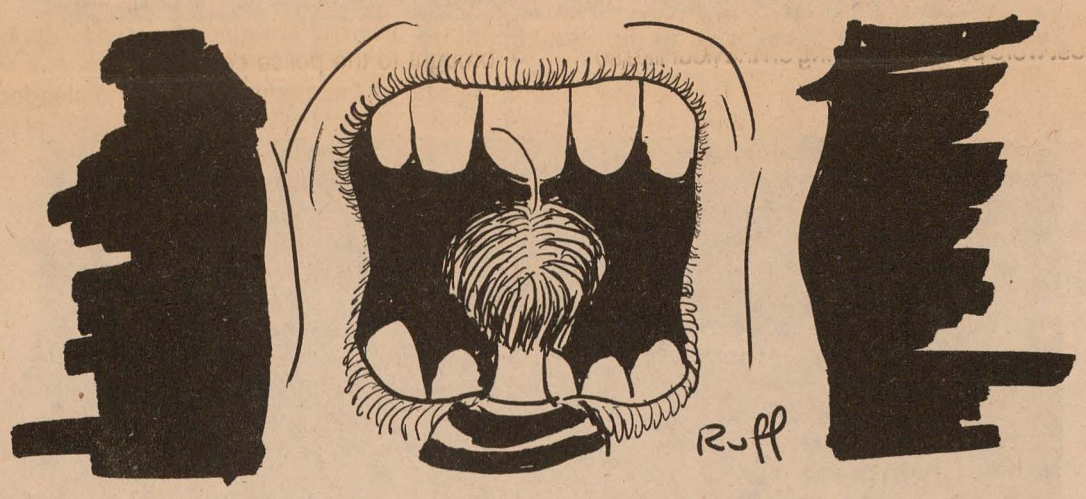
Anglo-American settlers in the Southwest borrowed the means of survival from those already present. Anglo-American experience did not include living on hot arid lands, cattle ranching, or mining. They assumed the life styles of the Mexicans, at first blending with the existing society, and then, as their numbers grew, establishing a separate society, but borrowing from Mexican culture continued. Present day irrigation systems are as they were prior to the coming of the Anglo-American.

The cowboy of Texas wears chaps (chaparejos) and a ten-gallon hat, uses a lariat (la reato: the rope), brands his cattle, rides on a saddle with a saddle horn, works on a ranch (rancho), herds broncos into a corral, and holds a rodeo, all Mexican innovations and words to deal with cattle ranching. The architecture of the Southwest is heavily influenced by Mexican styles, although they are misnomered "Spanish" and "Mediterranean."

Examples of direct Mexican influence on American life are numerous. The important notation, however, is that as Mexican vitality continued under Spanish rule (1519-1822) and survived French conquest (1862-1867), it is alive today in the United States. This is evidenced by the integration of people of Mexican background in the many facets of American life. The Mexican-American/Chicano has survived uprootness, discrimination, and cultural disorientation to emerge again as a proud people.

The Mexican-American/Chicano is American by nationality and identification. But, concurrently, the Mexican-American/Chicano is aware of the heritage that predates his nation of citizenship by several centuries. That heritage helped sustain the Mexican people through times of turmoil and helped build a new nation about to celebrate its two hundredth birthday. This is the basis of the locally-observed Mexican-American/Chicano Cultural Appreciation Week.

Yelling is ear pollution



"All right pea brain, I knew you were stupid but anyone who would pull a trick like that, hasn't got a brain."

"But,. . ."

"Don't try to wiggle your way out of this one. I'll see you in my office after formation."

This may sound like a few minutes of dialogue in front of a platoon of trainees with a Drill Sergeant. Unfortunately this same display of disregard for human feelings is displayed often before us now.

Some people were so impressed by the fear and intimidation that unique character, called a drill sergeant, instilled in all his men as he turned them into soldiers, that they kept it in the back of their mind, for any opportunity that might lend itself to a bellowing voice issuing numerous insults.

As we graduated from basic training all of us stood at parade rest in the middle of a large trampled field as a battalion commander told us we could be proud to realize we were now soldiers, comrades with everyone else that wears the tailored green uniform. We all breathed a sigh of relief, feeling secure that now we had been accepted, no longer a thorn but a working part of the U. S. Army.

As each member ventured out to new assignments, it may have become apparent that the spewing forth of ridiculous insults was not sacred to only those who wore "Smokey the Bear" hats.

It seems that anyone with a strong enough voice and a dislike for everything in his path has somehow transformed himself into an insulting intimidator.

Some soldiers learn fast, after they realize that what they heard was not just a flashback to basic training, but a real abuser, to turn off the remarks, if only for the preservation of their own character and pride.

Somehow these unique characters got the idea that if insults worked on naive eager trainees, why can't it work for them on the specialist, that just reenlisted.

These few feel a loud insult is the cure for any disciplinary or uniform problem a soldier could encounter. If his hair needs a trim, a screaming, "You probably have fleas in that bird's nest; it better be gone by 1300 today," in front of the enitre formation will certainly cure it.

As you get rid of the unwanted hair a whole lot of respect and communication is cut off with it.

After you have disciplined enough people in this vociferous manner, you will probably find your absence the highlight of their day. You may acquire a nickname, but never be certain they are talking about you, and no one says, "Have a safe trip," if you go on leave. Leadership and respect is important to the NCO, but this leadership must also have a line of communication. Somehow the louder you yell at most people, the less they hear, defeating the task you set out to do.

It has been proven that often abused children grow up to be child abusers. The same transformation lends itself to the GI that gets another stripe. Somehow all the "stupids" and other niceties showered on him over the years fade away as he takes his crack at insulting as many of his men as possible.

Perhaps if these cardboard drill sergeants, take a moment and try to feel the embarrassment and anger that burned in their cheeks as they took the verbal abuse, not so long ago, they could learn to treat everyone with respect. They should treat those that wear the tailored green uniform as their comrade, after all, we're all in this together, aren't we?

from THE SENTINEL

FORSCOM pin masher tourney

With 12 games already bowled at the Western Region FORSCOM Bowling Tournament, Ft. Riley, Kansas, the Presidio reps are holding their own against the other 12 teams.

Roger Goodman is Presidio's hope to stay high in the overall competition. He is currently second with a total pin fall of 2366. Bob Bridges is in eighth position, only 35 pins back of Goodman.

The women are further down the bowling barometer. "Smitty" Smith is in ninth place with a total of 1952 pins, and in tenth is Sharon Lucas, only six pins behind Smith's total.

Two team events have been rolled, with Presidio men's team coming in sixth for a 3412 pin total, and the women third with 2922.

In an early singles event, Roger Goodman and Bob Bridges tied for fifth, each bowling a 621 three-game series. Pete Taoy came in seventh, eleven pins behind.

Information received late last week said that Roger Goodman, before trekking to Ft. Riley with the team, rolled a perfect game at the post lanes.

Got the Crabs?

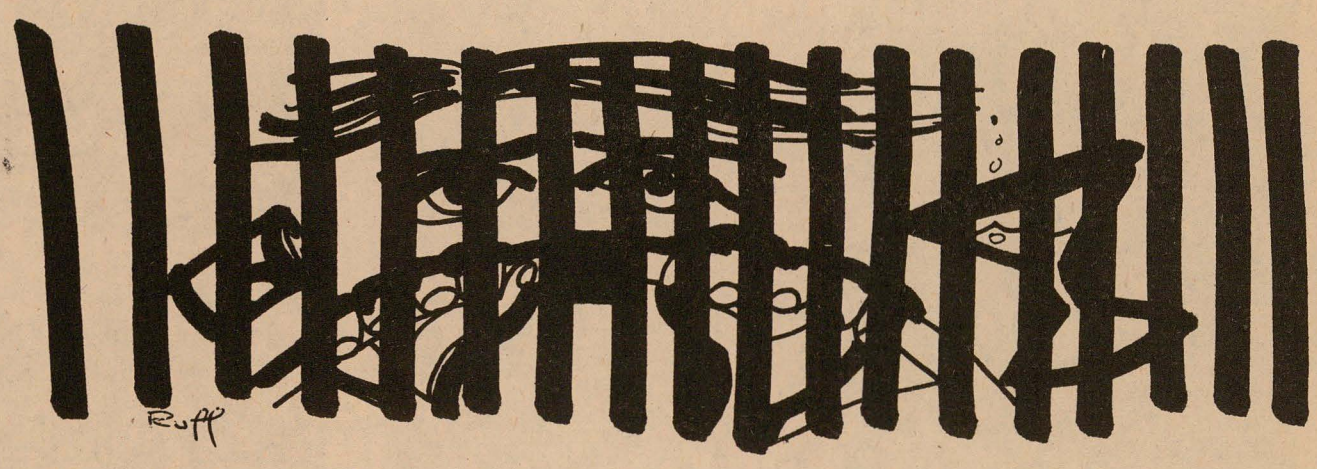
Fish and Game Wardens in the San Francisco Bay area are finding increasing violations by crab fishermen this season. This is due to an exceptionally good population of young dungeness or market crab (cancer magister) in the San Francisco Bay this year.

This year's crop is still undersize, however, and is illegal to keep. The size minimum established by the Fish and Game Commission is six and one-quarter inches measured by the shortest distance through the body from edge of shell to edge of shell directly in front of and excluding the points (lateral spines).

Wardens report that some people are apparently confusing the Dungeness (market) crab with the rock crab which is smaller and which is legal to keep if it is at least four inches wide measured across the back at the widest part. The two varieties of crab can be easily distinguished because the Dungeness crab has white-tipped pincers on its claws, while the rock crab has black tips. Also, the Dungeness crab is saw-toothed on both upper and lower pincers, whereas the rock crab has a smooth upper pincer. The rock crab seldom gets bigger than five inches, while the Dungeness crab, if allowed to grow, can attain a width of nine inches.

Crab fishermen are also reminded that the limit for Dungenes crab is ten and that the season ends on June 30. Rock crab can be taken year-round with a limit of 35.

DWI: no laughing matter



If you have ever thought that getting stopped for drunk driving is no more of an offense than getting a speeding ticket, you are in for an unpleasant surprise. People who have been convicted of this criminal offense, and it is a criminal offense in California, know this to be true.

Recently, we talked with a soldier (who wishes to remain anonymous) who told the STAR PRESIDIAN how he (she) was stopped for suspected drunk driving and what happened after. He mentioned it was a first offense. Here is his story.

"I really didn't think I was drunk, or even "feeling no pain." I was with a friend, with me at the wheel. It was late and we were returning from a party. I found myself swerving over the road's divider line more than once, but thought nothing of it. My friend warned me a couple of times. I paid little attention to him.

It wasn't long before my driving caught the attention of a local police cruiser. But I didn't know it. After some time I glanced and saw the familiar flashing light in my rear view mirror. I knew it was a cop, but I couldn't imagine why he would want to stop me. I wasn't going very fast.

I stopped and the cruiser pulled in behind my car. My friend was strangely silent. I got out and approached the policemean, who was getting out of the driver's side. Another got out from the passenger side. I spoke to him, asking him why I was stopped. I wondered even then why my speech was unusually slurred.

The policeman, being very polite and courteous, asked me to do a few simple body maneuvers. Simple for a sober person, but I had a time of it in my condition. My first task was to walk a straight and unfaultering line, placing one foot directly in front of another. I failed miserably. Then I was asked to stand on my right foot, then my left. I did well on my right foot. I fell over trying to stand on my left. (Actually, I don't remember, fully, this part. It was in the officer's report which was read at my hearing the following week.) The final task was closing my eyes, tilting my head back, and touching the tip of my nose. I had a time of it just holding my balance. I kept hitting my lips and chin with the mid part of my middle finger. That, it seemed, was all the policemen needed to see. It was getting to be a nightmare. I was told I was under arrest, and was advised of my rights. While this was going on, one of the police officers slapped a pair of handcuffs on my wrist. I was also quickly frisked. I wasn't really alarmed, but visions of Adam-12 kept going through my head. I still didn't understand what the big fuss was. My friend, who kept silently to himself (he told me later that he asked one officer if I couldn't just be driven home, which the officer didn't agree to), was asked to drive my car home. He did.

I was whisked to the Marin County Civic Center where I was booked. I still couldn't believe that such a silly thing as drunk driving warranted such treatment.

I was taken to an office where I consented to a breath test to determine my alcoholic content. I was then asked to remove everything in my pants and shirt. Then I was asked to remove my shoes. Before placing me in a holding cell, I was photographed. I felt like a big-time crook, imagining myself on display in a local post office.

The holding cell wasn't the well-known cubicle with the bars. Instead, the front was made of thick, soundproof plexiglass. I felt like a goldfish. It was a padded room with no furnishments, except a lonely telephone hanging on the wall. I had a dime to make a call to my friend. Though the phone was the only permanent thing in the room, I was by no means alone. Eleven people were in there with me. All in for the same reason. Most were passed out, lying on the floor like so many askew rugs. It finally dawned on me where I was and what was happening to me. I became scared.

One person tried to make friends with me and I accepted. It was his first time, too. We talked of our experience. It seemed that our circumstances were similar.

We were told that we would be in the cell for at least four hours. I was fully sober by the first hour in the jail. I was tired so I found an unoccupied corner and curled up to sleep. When I awoke, I guess a few hours later, the cell was empty with the exception of the person I had made friends with. He was pacing like a nervous cat. We had been in there almost five hours. He wanted out. I did, too. Finally, we were freed.

I was led into a small room where I was advised of my rights to counsel. Then I was fully booked, to include fingerprinting. I asked how long I would remain in the record books. A policeman said for a s long as I lived. That didn't cheer my any.

It was nearly nine a.m. Sunday morning when I was released. I was told when I would have to appear in court, and that I had better show up. Luckily, I was released without having to post bail, which would have been $350. After collecting my things I went outside. My friend, whom I called while in the cell to pick me up the next morning, was waiting.

A week later I appeared for arraignment. A few others who were in the cell with me that night, including the person I befriended, were also there. We were given two long sheets of legal documents. One was to be filled out. It was a statement of how we wanted to plea and the rights we had. The other was our constitutional rights explained in full. We were given another which was the actual complaint by the people of California against our actions. In the right corner, hand-written, was the numerical blood-alcohol content results which we were all tested for upon our being brought to the police cell.

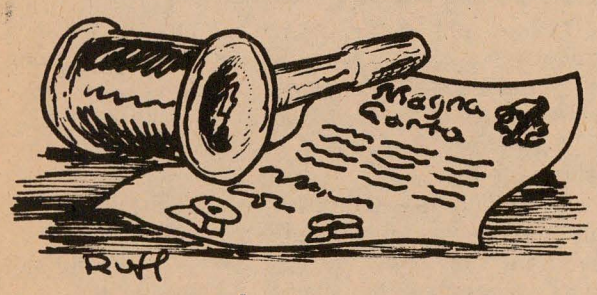
As far as I can remember no one pleaded innocent to the charges. Test results with alcohol-blood content over point one, is enough to keep most lawyers from taking your case. Mine was .13. Low, but still incriminating. The others were all over point two, more than twice the legal limit as far as driving-under-the-influence goes.

Sentencing was swift, because all wanted sentencing right then and there. Anyone could ask for a few days before sentencing, if so desired. The judge sentenced everyone with a $315 fine, 90 days restricted driving, and mandatory attendance to a DWI preventive school in their area. Also pronounced, but suspended, was a 15-day jail sentence. This was a first offense for everyone! A second is a mandatory and automatic 15 days in jail plus a stiffer fine.

For me this was a very sobering experience and a well-learned lesson."

Law Day

Justice for all



"Law Day U.S.A.," observed on May 1 each year, is designated by Presidential proclamation as a "special day of celebration by the American people in appreciation of their liberties."

"200 Years of Liberty and Law" is the theme selected for Law Day's 19th annual observance.

The ultimate goal of the American system of law, equality and justice for all, had its roots on the plains of England more than 750 years ago. In 1215, 25 barons and high-ranking churchmen rebelled against the arbitrary rule of King John who was using governmental powers for selfish and tyrannical purposes.

At Runnymede, on June 15, the barons forced the King to place his Great Seal to a charter of law and liberties called the **Magna Carta.** This document gave every man the right "to be. . .secure. . .of what the law promised."

Colonists brought the principles of the **Magna Carta** to America and built **The Declaration of Independence, The Constitution** and **The Bill of Rights** upon its foundations.

Ft. Point dedication

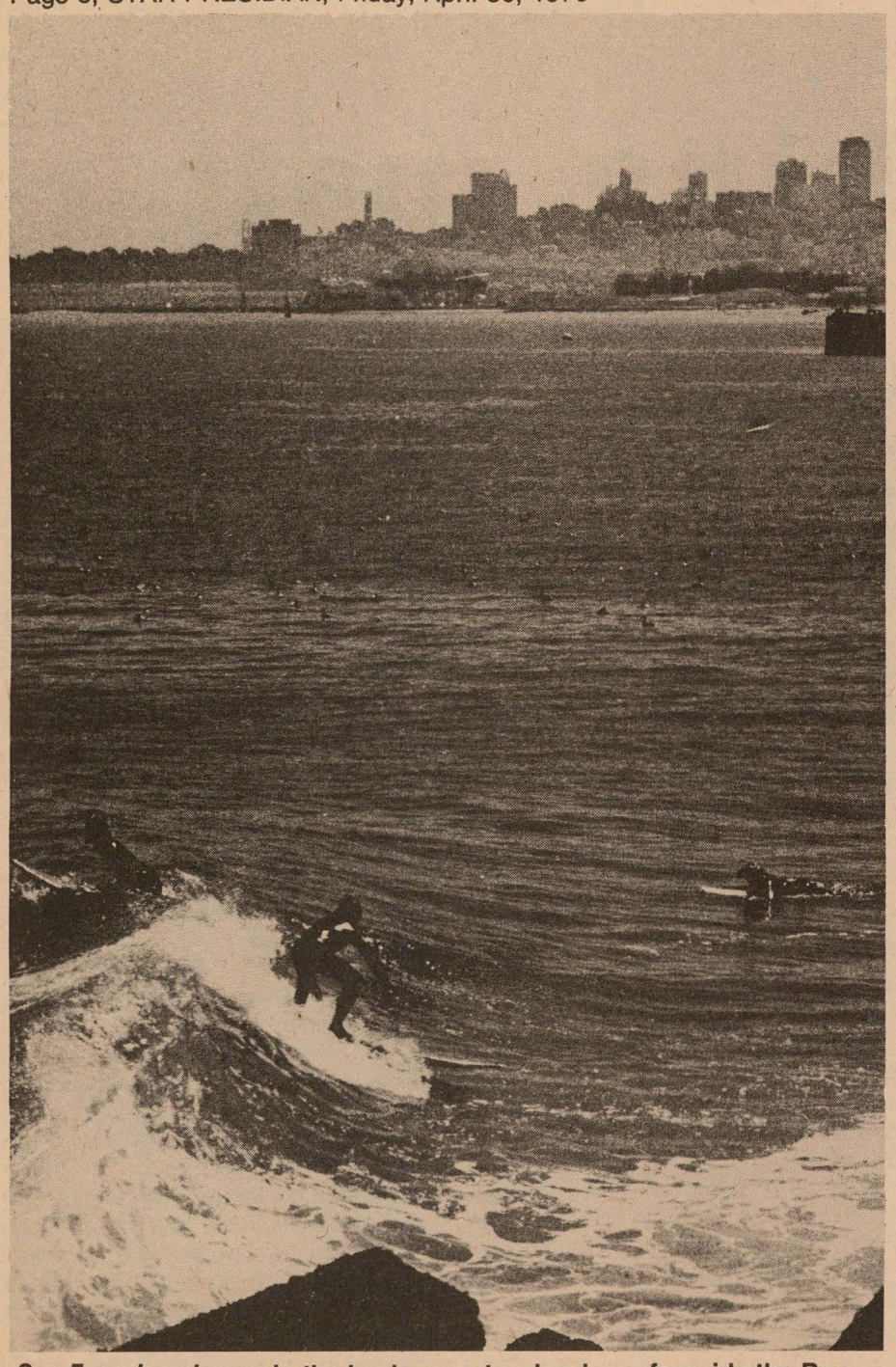
Brigadier General Richard M. Connell, Division Engineer of the U.S. Army Corps of Engineers, South Pacific Division, invites the public to attend a ceremony beginning at 2p.m. on Saturday, May 15, to designate Fort Point as a California Historic Civil Engineering Landmark.

As part of the Nation's Bicentennial Celebration, the San Francisco Section of the American Society of Civil Engineers selected Fort Point as an outstanding civil engineering achievement of the mid-19th Century. Completed in 1861, Fort Point was the first and only brick coast artillery west of the Mississippi. The fort is a classic in design, summarizing all that was known at that time in military engineering of coastal fortifications.

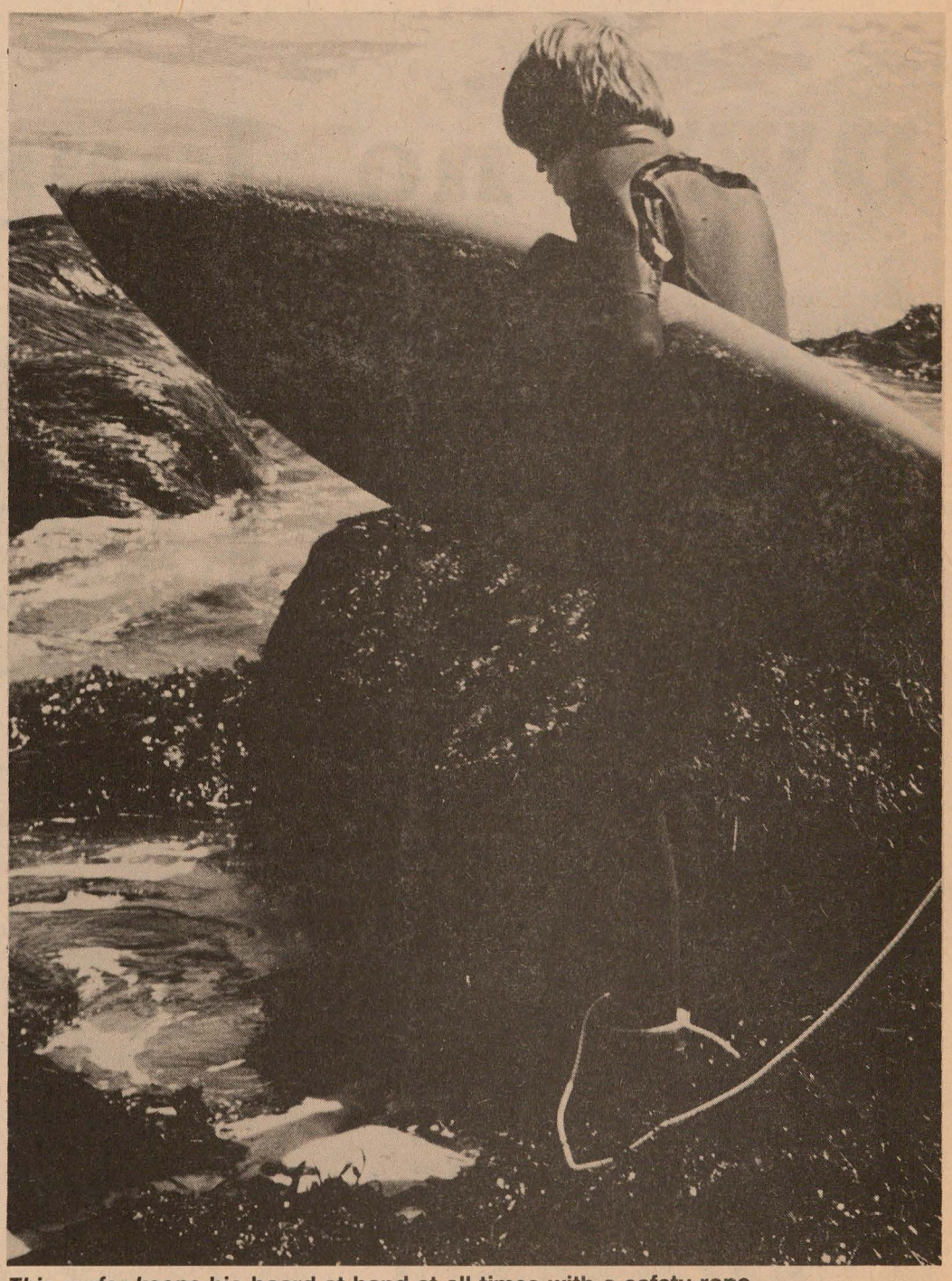
In 1970, the Congress established Fort Point as a National Historic Site and incorporated Fort Point in the National Park System under the administration of the National Park Service, U.S. Department of the Interior.

The ceremony will begin with a concert by the Sixth United States Army Band and close with performance of Retreat by the Presidio of San Francisco Bicentennial Marching Unit. This is a colorful unit of 50 volunteer officers and enlisted men who wear replica uniforms of the 1890 period.

The public is invited to attend the ceremony, tour the fort, and visit the Fort Museum.



San Francisco looms **in the background as hardy surfers ride the Bay waves.**



This surfer keeps **his board at hand at all times with a safety rope.**

Surfers have more fun at Ft. Point

Story and photos by C. D. Steen

When the Beach Boys were singing in the surf about a decade ago, just about everybody near water had a surf board and was making the scene with the sea. Though you rarely hear a surf song in the top ten anymore, that doesn't mean surfing has gone the way of the dodo bird. Surfing is still in.

When you think of surfing perhaps your mind wanders to the Pipeline of Hawaii, or southern California's Malibu. Up here, surfing is pursued with almost as much fervor as it is down south. Don't believe it? You can watch several surfers riding the waves right under the Golden Gate Bridge as this reporter did last week.But these kids aren't just wearing trunks or itsy-bitsy bikinis. They look more like extras from a "Sea Hunt" series. Black flexible wetsuits protect them from the extremely cold north Pacific waters. The wetsuits also keep young hides away from jagged rocks.

It's hard to believe that a decent surf builds up along the south side of the Golden Gate Bridge, near Ft. Point, but it does. And on a good day and tide, as many as 30 masochists, that is, surfers can be seen riding six-footers like skinny carefree seals.

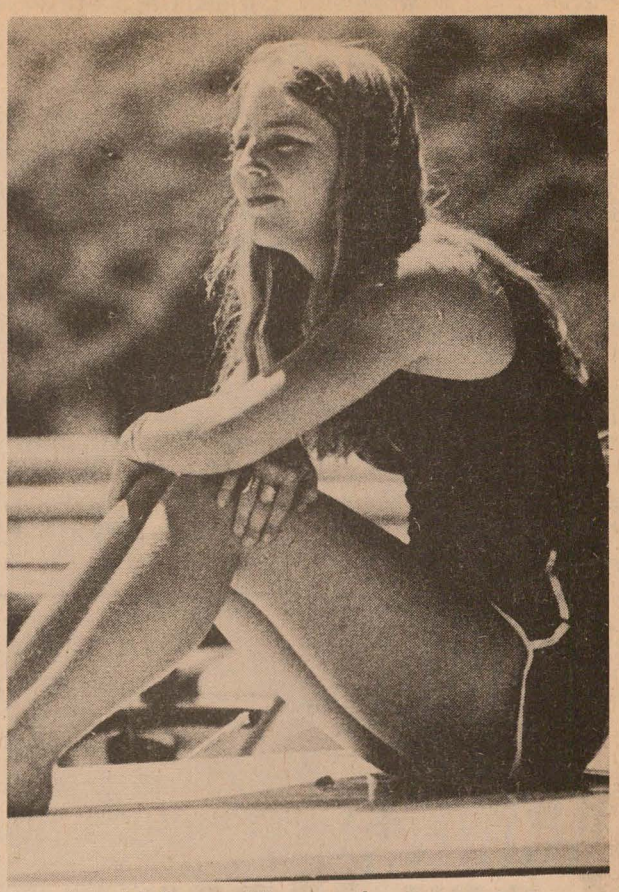
Phil Havelick, who pursues the San Francisco Bay waves almost daily, commented on what it's like to surf in such unusual and sometimes dangerous waters.

"Surfing here is definitely not for beginners," said Havelick, a 14-year surf veteran and member of the 1974 U.S. surfing team during the Cape Hatteras, N.C. championships. "The area is loaded with huge rocks that are sometimes hidden, and an inexperienced surfer could easily be hurt if he doesn't know how to surf well. A surfer must know how to maneuver a board with extreme perfection in order to surf off Ft. Point safely.

Besides the dangerous rocks, said Havelick, the currents and uneven sea bottom make surfing in the Bay good only on exceptional days when tide and winds are favorable. Havelick said in order for surf conditions to be right, the tide should be low, coming in, and the winds not so strong that they break up the water surface. He said winter is the best time here, because it is calmer and sea swells roll in evenly which makes surfing best. When the waves come in too large, they break up and surfing is nearly impossible. The best size for waves, claims Havelick, are when they are four to six feet high.

"You can ride them from under the Golden Gate right up to the seawall, but a surfer had better bail out before then or he would be bashed upon the surrounding rocks," he said.

Though Havelick is part of a "clique" of local surfers, many of whom patronize the Ft. Point shore, he voiced concern that too many other surfers might join the wave festivities in this area. He said because the good surfing area is limited, too many surfers crowding the stretch can end in nothing but an eventual disaster. So far he said he hasn't seen surfer over-abundance. He said he hopes he never does.



"Surfer girls" are still around.

Slow-pitch softball

No earthquake shook Ft. Scott Field on the 22nd; no hail, no snow, and the first game of the 1976 Post slow-pitch softball season finally got under way.

Perhaps Royal Oak, the team Presidio played, wished it hadn't. They were stomped 21-10. Though neither team played like pros, the number of errors on both sides are still baffling the computers, there was no lack of good base hitting for Presidio. They smacked out 24. Royal Oak got 12. Comments from post teammembers could be heard saying they didn't play at all like they did against 402nd Tuesday before the first season game. They played errorless ball, and allowed no 402nd runs.

Speaking of a hitting game, on the same night, LAMC fast-pitch team was convincing the Master Batsmen to change their team name. While LAMC pitcher John Bell held the Batsman to one run, LAMC used their opponent pitcher as a batting practice tool and slammed enough hits to bring 25 runs in before the game mercifully ended.

Intramural Volleyball tournament

Team unity was the reason for LAIR's trouncing of Support Element in the Presidio league volleyball playoff championship match, as the Med-men took the first two games, 15-5, 15-12. Corps of Engineers were crowned champion in the Ft. Scott league by catching WRRC.

Post tennis championship

Mike Hamman of Support Element racquetted his way to the number one spot in the Open Division of the Post Tennis Championship, April 23, by beating second place finisher Clay Bristow in two sets, 6-3, 6-1. Robert Molter and Richard Wise came in second and third.

Defending Vets champion Thomas Egan had an easy time keeping his title as he took every match he played. He was recrowned after taking second placer Raymond Johnson, 6-1, 6-0, in a final match.

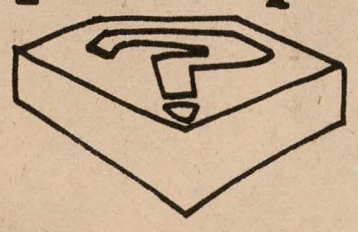
The top four players in the Open Division are slated to compete in the Western Region FORSCOM tournament, June 7-11 at Ft. Lewis, Washington. Egan and Johnson will represent Post in the Vet Division.

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Star Presidian

Volume 19, No. 18 | Presidio of San Francisco | Friday, May 7, 1976

Pay news from the puzzle palace



Policies on pay. Promotions and personnel are in for big changes if proposals released today by a presidential commission are adopted by congress.

One of the key proposals of the commission report calls for establishment of a federal pay board to decide on appropriate military pay. Armed forces pay hikes are now linked to raises given to civil servants.

Doing away with the "up or out" promotion policy was also suggested. The committee wants military careerists selected after they have served for 10 years. After reaching the 10 year mark, the commission wants servicemembers evaluated for present job performance and not forced out just because they fail to get promoted qs quickly as their contemporaries.

Changes to the military retirement system were also suggested by the Defense Manpower Commission. Directed by congress three years ago to recommend defense manpower policies for the next 10 years. The commission released its report to the president last week.

The commission report said the current military retirement system "Is more generous than civilian counterparts". It proposed that servicemembers generally should be required to serve 30 years, instead of the current 20, to qualify for immediate pension. However, this recommendation would apply only to persons coming into the service—not those already on active duty.

The commission, which was appointed by the president to make recommendations to congress, suggested that the stand-by draft be reconstituted and that yearly draft registration be resumed. The commission also said national guard divisions should be kept intact during peace time, but upon mobilization might be used to provide battalions as required for early deployment.

Commission findings in the 518-page report also included the following suggestions:

The U. S. must maintain its 2.1 million people force for the next 10 years—or more, depending on the world situation.

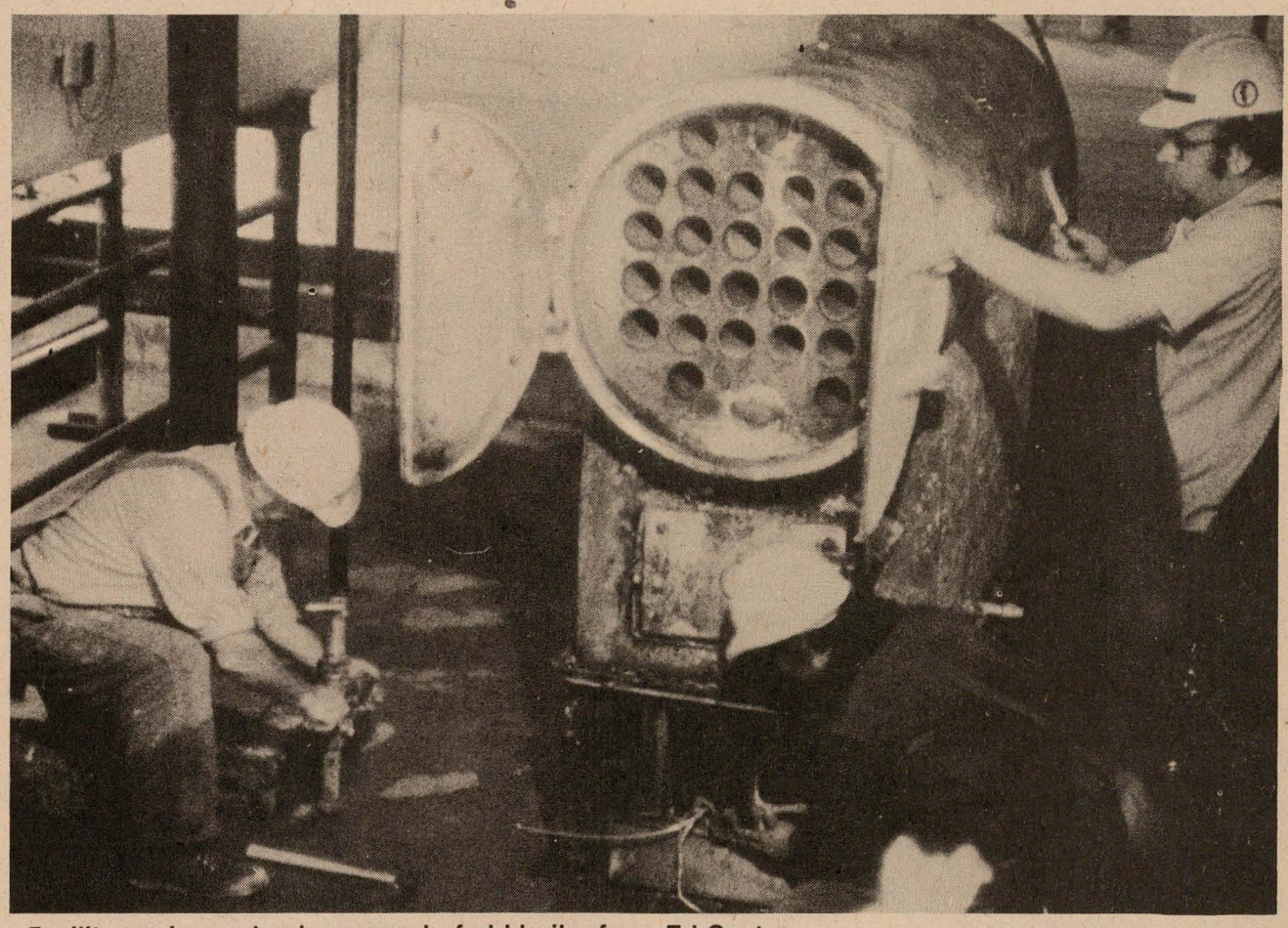
The services should be able to recruit enough persons over the next 10 years to fill ranks, but may have to offer more incentives if the economy booms.

With the exception of scientific areas, the baccalaureate degree is sufficient education to achieve four-star rank.

Selected reserves should continue at current personnel strength levels, but some changes should be made in force composition to create elements genuinely needed in event of mobilization.

The armed services probably have worked harder to improve equal opportunity and race relations than any other major institution in American society.

The commission's sweeping reforms now go to congress for further study and possible future implementation.



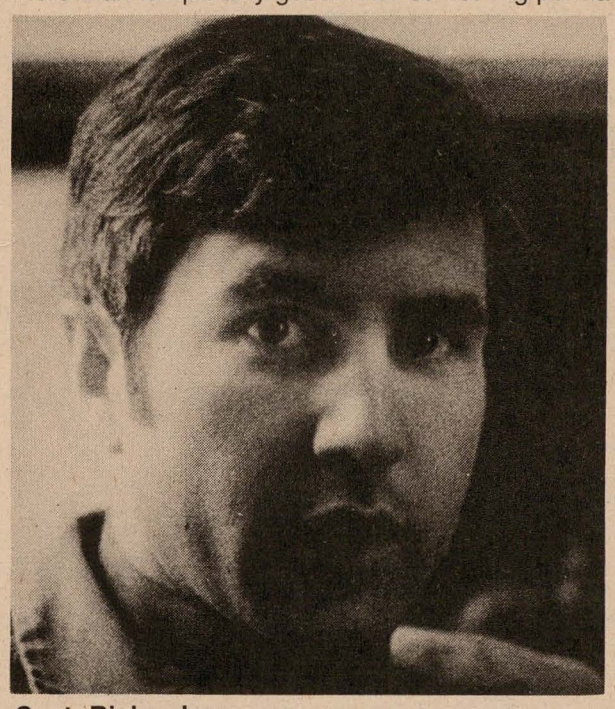
***Facility engineers begin* removal of old boiler from Ed Center.**

Heat's on at Ft. Scott

Story and photos by C. D. Steen

People living and working in the Ft. Scott complex may no longer suffer frost bite and cold showers, if all goes well during the renovation of Ft. Scott's faulty heating and boiler systems.

For the past three years, complaints have poured into the facilities engineering office about heaters that didn't heat and hot water suddenly turning to ice flows. Attempts at fixing the near-ancient fixtures were never more than temporarily good. Now something permanent is going to be done.



Capt. Richards: "No permanent uprooting."

All buildings on Ft. Scott are going to have the entire heating systems overhauled or completely replaced if need be, according to Captain Steven Richards of the 504th Military Police Battalion. Work has already begun on the Education Center, building 1216. When renovation is completed there, work will begin immediately on another building.

Fixing the Education Center heating system won't affect people working in it, but when the engineers get to the troop billets, the people in them will have to move temporarily. "We plan to handle the inconvenience when work begins on the various troop billets by moving those persons living in the affected building to another," said Richards (in charge of the MP side of the program). "The move won't be a complete uprooting of these persons. Men and women will be instructed to take just enough to live with. Valuables that they don't want to move, or can't move, will be logged and secured until their return."

The captain gave an example of how the two-step move will take place. "We are attempting to keep the units together. People living in building 1202 will live in 1203 while 1202 is renovated. When 1202 is completed, the people will move back. Our buildings have sufficient room and we don't anticipate any overcrowding."

Richards said that buildings will be worked on one-at-a-time for about four to six weeks each.

Will the trouble of moving be worth the wait? "Anyone who has gone through a winter here when the heaters and hot water systems break down will definitely appreciate the efforts," said the captain. "Persons who haven't, don't know what they have missed and I, at least, hope they never find out."

"His body was covered with sand. . ."

By Robyn Sherwood

Saving a life is a special sort of heroism. An Army Commendation Medal on Specialist 4 James N. Becker's coat testifies to this. He recounts the events that led to the award.

"When I was in Korea, about a year ago, we had some special training. We finished early one day and I went to Taechon Beach. I noticed a group of people gathered close to the water's edge. It hit me that something wasn't right, so I ran over to the group and pushed my way in. A young Korean man was lying on the beach, his body covered with sand.

"I realized the man wasn't breathing so I performed mouth-to-mouth resuscitation.

"After a few minutes of mouth-to-mouth I could feel that he was trying to breath on his own. So, I stopped the mouth-to-mouth. He started coming around, groaning. His eyelids fluttered a couple of times, so I sat him half-way up and slapped his face. He came to. He was incoherent for a few minutes, then was helped off the beach by some friends.

"After it was over I sat down in a daze. I couldn't believe it had really happened. I did it without thinking about anything except that if I didn't do something, this guy was going to die.

"I was told afterward, if a Korean is dying, and you try to help him, but he dies anyway, you can be held responsible under Korean law. Well, as soon as it happened, a lot of people asked me why I had helped. All I was thinking about was that somebody was dying and if I could do something I was going to do it.

"I did what I would hope any military policeman or soldier would have done. That is, try to help someone regardless of the circumstances.

"Whether I got an award or not wasn't really that important. It's nice, it looks good on your records, but if that's what it takes to make people care, then it's not right. I had the satisfaction of knowing I had done something good and I felt good with myself," concluded the 21-year-old MP, with a touch of pride in his voice.

Editor's Note: Any revived drowning victim should be taken to the hospital for further treatment, according to Glen Oberhansli, Presidio Fire Captain.

The secret eye

A gathering of people and events under the watchful SP typewriter

By Eve S. Dropper

As I wander dazedly around the Presidio, new faces are everywhere, and several of the old, familiar ones are gone.

After 20 years of secretarial work with different sections here, Helen Jones of the Civilian Personnel Office (CPO), retired last Friday. Helen was the Employee Development Clerk for the CPO, and will be missed by her co-workers. Now someone else will have to do her work.

The 504th MP Company has welcomed a new arrival: (Sounds like someone had a baby.) Chief Warrant Officer 2 Donald Wolffbraundt (with a name like that I never would have made it out of kindergarten.), arrived here the 28th of April to start his new duties as the Automobile Maintainance Officer for the 504th MP Battalion.

Sergeant Selma Russell and Sergeant Robert Anderson will be leaving the 170th MP Company for Germany this month. Good luck!

Sergeant First Class Franklin G. Mead, also of the 170th, will be leaving the company, too, but for different reasons. After completing 20 active years with the Army, SFC Mead is tipping his cap to the green machine. (retiring) Congratulations, SFC Mead. We hope you enjoy living on the economy.

The 16th Base Post Office has a new executive officer. Lieutenant Arthur Moore, hailing from Milledgeville, (I never heard of it either), Ga., took over his duties as XO on April 4. He says he is also the Custodian of Postal Effects at the Ft. Baker post office. (With this duty he is responsible for everything in the PO, including a lot of stamps.) Speaking of the Presidio, Lt. Moore said, "I couldn't ask for anything better. The only problem I have is that I miss the pine trees and red mud of Georgia." Does the new XO have any goals to better the post office? "Yes. In two years I'm leaving," he stated laughing. Just kidding, Lieutenant. Lieutenant?

House cleaning is now going on in the 227th Medical Detachment. May 13 is the scheduled date for their Inspector General's visit. So, the 227th is raising a lot of dust.

Joining D Co., 864th Engrs. are: PV2 Marshall G. Worster, PV2 Larry D. Moore, PV2 Gregory S. Steen, SP4 Michael Gluff and Sgt. John R. Bellando. Welcome to the hammer and nail battalion, gents.

A new platoon sergeant for D Co. 864th started in-processing May 3 (Monday). SFC Juaquin Barela (close to Baretta, but not quite) came to the Presidio from his assignment in Korea.

Speaking of Baretta, the Education Center is offering a new criminology course. For further information, all crime buffs should call 4445.

Leave the driving to them

In the early 1960s, researchers selected six of the highest-rated drivers and gave them an intensive series of physical, mental and psychological tests. They were only average or below average "in terms of some of the physical standards currently used in licensing," the researchers reported. Given a test designed to measure knowledge of operating a vehicle in modern traffic, five of the six drivers scored only average to poor; only one ranked good.

What, then, was their secret? All excelled, the researchers found, in one faculty. "They drove with total concentration and they seemed to have the ability to place their vehicle perfectly in traffic and to anticipate, always to anticipate, what might happen up ahead." Two practical road tests furnished vivid demonstrations of these skills in action. All six of the tested drivers were taken over a one-hour course in Chicago; then the top-ranking two were taken on a 1,200 mile run from Frazer, Colorado to Furnace Creek, California. In both tests the same traits stood out. These safe drivers always signaled their intentions well in advance; they were courteous to pedestrians and other drivers; their timing in passing and changing lanes was perfect.

In the 1,200 mile test run, they did not run a single red light; they made minimum use of the brakes; there was not a single "panic" stop. Observers on the long ride found it impossible to engage them in conversation, to distract their attention from the road. Their pattern, as an observer put it, was "Look, look, look — drive, drive, drive."

Asked what kinds of hazards the safe drivers avoided, a researcher simply shrugs, "The way they drove, there just weren't any, and I'm sure that normally on that 1,200 mile route there would have been some. That seems to be the point. With these men, the dangerous situation doesn't arise because they don't let it happen."

From the BAYONET

Poster contest

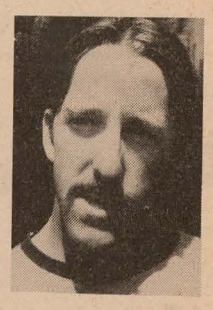
Painters, pencillers, even finger painters—you can keep your hands busy and still save energy: enter the 1976 Energy Conservation Poster Contest.

All military personnel and civilian employees on the Presidio are eligible for participation. The posters must be black and white. They should not be larger than 12" by 16". The poster's theme must concern the conservation of energy in any area of Army activities. (A prime chance to complain about your roomie's night light.) All posters will become the property of the Presidio Energy Conservation Council. Submit your poster to the Director of Industrial Operation, Bldg. 220, Presidio of San Francisco, not later than June 7, 1976. Judging will be completed by June 18.

Awards and prizes for first, second and third place winners will be presented at the Energy Conservation Council meeting of June, 1976.

Ramblin' Sam

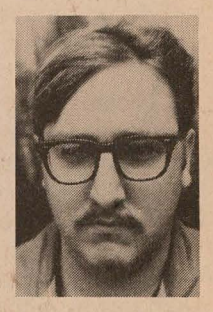
"Do you mind being called a G.I.?"



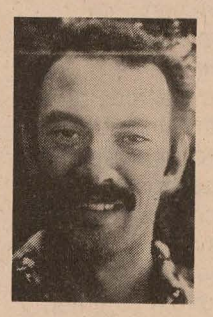
PFC Jack Hogan: "I never considered it as government issue. I'm proud of what I do. I'm proud of my work so it doesn't bother me."



PFC Donna Jacobo: "Depends on how people mean it. If someone says it in a derogatory way, yes. And I'd let that person know I don't like it."



Sp4 Bob Bangs: "I don't consider myself as being in the service. It's like a baseball coach/player. They signed a contract, so did I. When my contract runs out I have the option of renewing it. The term doesn't apply to me that much.



Sgt. Santiago Fonseca: "I've never been called a G.I. They ask now, are you in the military?



Sgt. Pat Crump: "I don't mind it. All it is ,is a term. I guess I am a government issue, just like everyone else in the Army."

Blotter

Bike burglars abound

By Jody Hansen

Two 10-speed bicycles were stolen recently in a Presidio housing area. The bikes had been put inside the garage, but the garage was not locked. The owner could give the MP patrol only a basic description and one brand name. The other brand and both serial numbers were unknown to him.

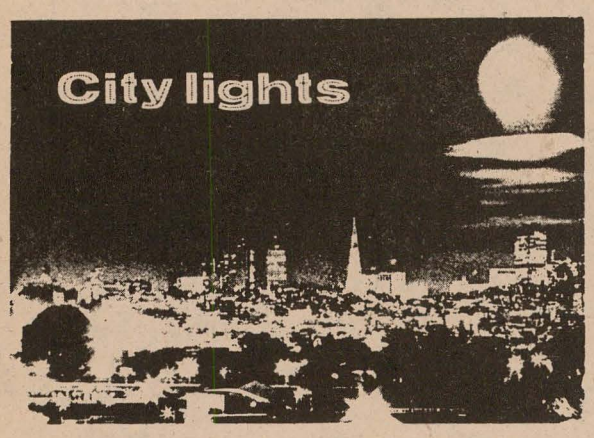
This is not an unusual report. Bikes are taken often from yards or garages where they were thought safe but actually were not. Frequently brand names are unknown and almost always the serial numbers are unknown.

Some basic Crime Prevention tips for bicycles include:

1) Buy and use a good padlock with at least a 5/16" case hardened steel shackle and a 5/16" case hardened steel alloy chain.

2) Always lock your bike—this includes when you will be gone only a "minute" and when the bike is parked in your yard or garage.

3) License your bicycle. On June 12, the Vehicle Registration and Crime Prevention sections of the Provost Marshal's Office are co-sponsoring a bike rodeo where bikes can be safety inspected and licensed with an official California license. Licensing your bike means Vehicle Registration will have a description of your bike which will include the serial number and license number. If a stolen bicycle was licensed there is an 80 percent chance of it being returned. If not, the odds of return decrease to 30 percent.



By Carol Cronin

Friday, 7th The oldies but goodies are still going strong at Avenue Photoplay, 2650 San Bruno Ave. Tonight Alice Faye, John Payne, Betty Grable and Jack Oakie sing and dance their way through "Tin Pan Alley" (1940), a history of song-pluggers, set in World War I. The musical comedy "Sun Valley Serenade" (1941) with John Payne and Lynn Bari offers a rare opportunity to see Glenn Miller and his orchestra playing its hit songs. The movies begin at 8:30p.m. with an organ prelude beginning at 8p.m. Admission is $2.00.

If you prefer something more modern, the New Music Ensemble of the San Francisco Conservatory of Music will perform at the Hall of Flowers, Golden Gate Park, 8p.m. Admission is free.

Saturday, 8th The American Folk Arts Festival recreates a 19th century county fair with emphasis on entertainment. The "Fabulous Frisco Follies" share the spotlight with folk dancers, singers, musicians, story tellers and theatrical performers. The wares, dress and food will also represent the earlier era. The scene for the revelry is Brooks Hall, Civic Center, 10a.m. to 10p.m. today and 10a.m. to 8p.m. tomorrow. Admission is $2.00 at last report.

Sunday, 9th The Mission District is the scene of the Latin American Fiesta Parade at 1p.m. The parade starts from 16th and Folsom Streets, travels west on 16th to Mission, Mission to 24th, and turns east to Potrero.

Polish music lovers are catered to at the Music Concourse, Golden Gate Park today at 2p.m. The Golden Gate Park Band, which plays at the concourse each Sunday, salutes Polish music this week.

Monday, 10th Indian magic and ancient rituals, skateboards, and the influence of TV are on the agenda for this week's "Meet the Authors" forum. Chelsea Quinn Yarbro, Jack Grant and Arthur Asa Berger will discuss these topics in relation to books they've writtten on the subjects. The free program begins at 7:30p.m., Galileo Community College Center Auditorium, Bay Street and Van Ness Avenue.

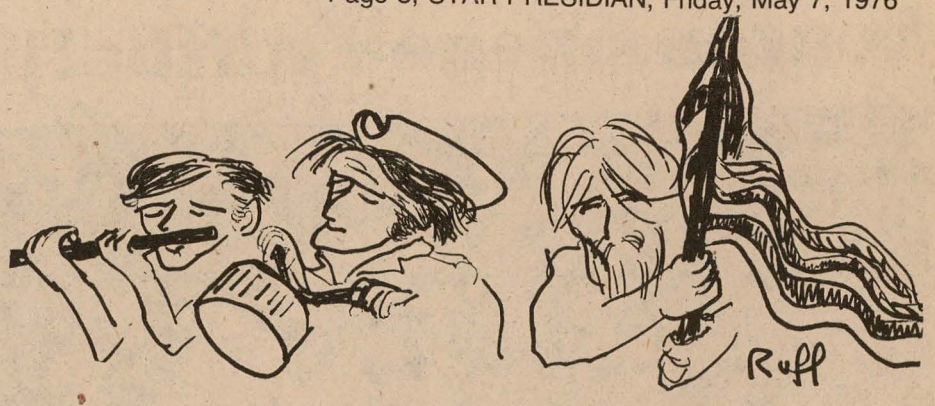
Wednesday, 12th Modern Music of an older age is revived at the Exploratorium tonight. Ars Nova was the New Music of the fourteenth century. Its syncopated rhythm has not been paralleled in Western music until this century with the emergence of jazz and contemporary modes. Jonathan Khuner, viol and portative organ, Elizabeth Kissling, fidel, lute and voice, and Jane Sharp, mezzo-soprano, lute and hurdy-gurdy will perform at 8p.m. Admission is 25 cents.

Star Presidian

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Sp4 Carol Cronin, reporter
SP4 Robyn Sherwood, reporter

Post celebrates Armed Forces Day



By A. C. Reyes

Armed Forces Day, steeped in American tradition, is being extended to a week-long observance this year in honor of the U.S. Bicentennial celebration. During this period, all U.S. Military Services will join to pay special tribute to the Nation on its 200th anniversary.

Two hundred years. That makes 66 plus hashmarks. Our two hundred year military heritage touches intimately almost every American family. Four out of ten Americans over 19 years of age have worn the uniform of this Nation. Twenty-two of America's 38 Presidents have served in wartime. (Abraham Lincoln, who served as a captain in the Black Hawk War, later called his 80 days of military service "the most satisfying honor of my life".)

What American is not familiar with the names of strange sounding places—names like Yorktown, Chapultepec, New Orleans, Gettysburg, San Juan Hill, Belleau Wood, Saipan, Okinawa, Salerno, Normandy, Pusan, just to name a few. The beat of drums, the passing of the Flag, the sound of marching men, and the glory of victories overshadow our Army's humanitarian deeds and more peaceful accomplishments, which are often overlooked.

Accomplishments such as the eradication of yellow fever, made possible by two Army doctors: Major (Dr.) Walter Reed, and Major (Dr.) William C. Gorgas. Or, more recently, the Baby Airlift, out of Vietnam.

With the unification of the U.S. Armed Forces in 1947, efforts were made to consolidate the separate observances of Army, Navy, Marine Corps, and Air Force Days which were held on April 6, October 27, November 10 and September 18, respectively.

However, it was not until August 31, 1949, that then Secretary of Defense Louis Johnson announced, with the approval of President Harry S. Truman, that the third Saturday in May is to be designated Armed Forces Day. Then, on February 28 1950, President Truman issued a Presidential Proclamation designating Saturday May 20, 1950 as the first Armed Forces Day.

Since then, each succeeding President has reaffirmed by Presidential Proclamation the third Saturday of May as Armed Forces Day. During this Bicentennial year, the observance has been extended to Armed Forces Week, May 8-15.

A formal retreat parade will mark Armed Forces Day at the Presidio beginning at 4:30p.m., Friday, May 14, on the main parade field in front of Sixth U.S. Army Headquarters, Bldg. 38. Lt. Gen. E.M. Flanagan, Jr., Sixth U.S. Army commander, will be the reviewing officer.

Participating in the ceremony will be a four platoon honor guard, the Bicentennial Color Guard in period uniform, the 504th MP Bn. salute battery and a flag detail from the office of the Provost Marshal.

Music will be provided by the Sixth Army Band.

The Avenue of Flags, stretching from Lombard Gate, down Lincoln Blvd., will provide additional color to the ceremony.

The public is invited to view the parade.

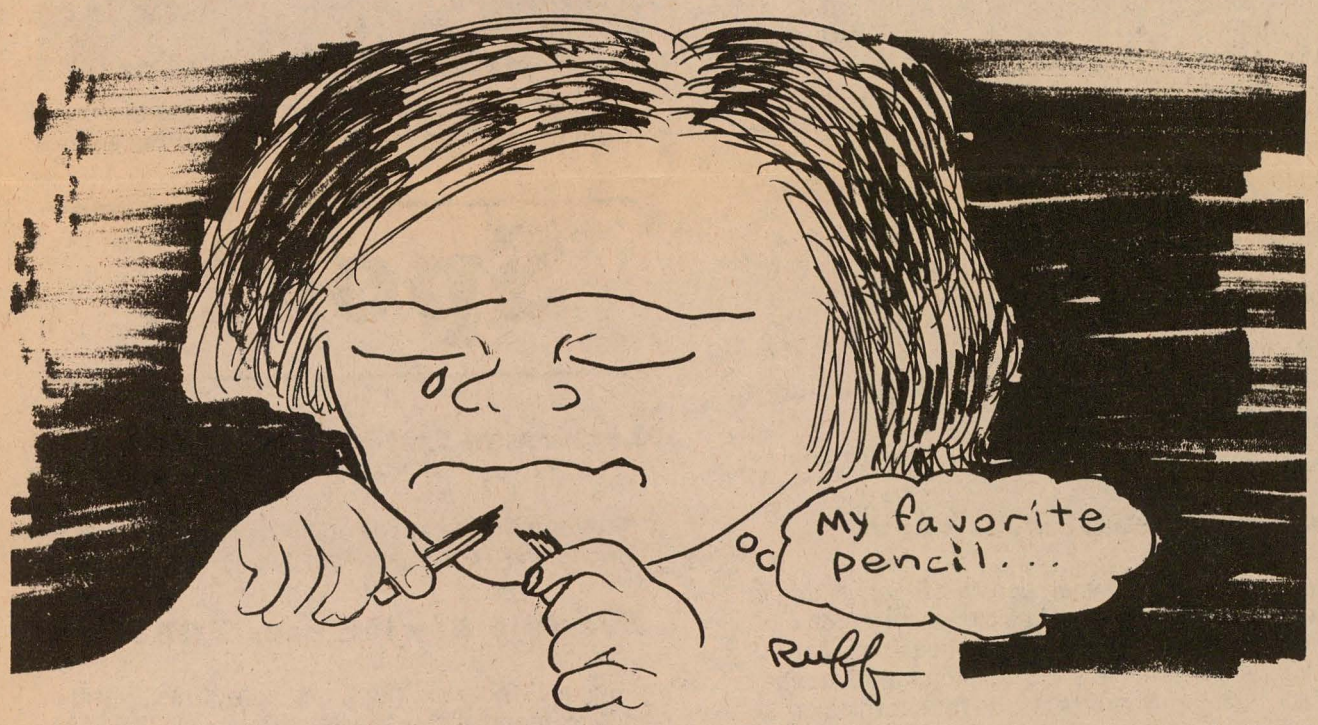
A Bicentennial medallion commemorating the Army's two-hundred year history will go on sale during Armed Forces Week May 8-15. The bronze, 3-inch medal is made by the U.S. Mint.

The front side depicts a helmeted infantryman standing beside a colonial soldier. The reverse side shows the Army plaque.

The cost of the medal is $6 from mint stores or through the mint's catalogue. The medals may be carried by some local PXs.

Soldiers may order the medal directly from the mint by sending $6.25 to Bureau of Mint, 55 Mint St., San Francisco, CA. 94175. Payment should be check or money order (no cash); ask for item 429.

Claims: to stake or not to stake?



By Carol Cronin

You may not strike it rich by filing a claim with the Claims Office, Staff Judge Advocate (SJA), but if you have a valid claim, you can avoid having to absorb the loss yourself. The Claims Division, Office of the Presidio SJA pays out $300,000.00 a year in claims.

Major William Eckhardt, Staff Judge Advocate, says, "We're a public agency established to assist soldiers who are required by the rigors of Army life to be uprooted and who suffer property damage or loss as a result. However, we also have to protect the treasury, and the taxpayer, from unjustified claims. We can take either side, depending on whether the claim is valid or not."

Captain Arthur Millard, Claims Judge Advocate said that most of the claims involve household goods following a move. He gave some tips on how to avoid damage and loss, and if necessary, how to substantiate a valid claim.

"Before moving, carefully inventory your household items, noting their make, where and when they were purchased, and an estimate of their value."

Shipping is arranged through the Transportation office. They have counselors to brief you on all your responsibilities and answer all questions. A pamphlet is under revision which will advise you of all details involved in a move, but until it is available, you should take notes on the advice given by Transportation and act on it.

Capt. Millard also advised, "Don't ship small items of high value such as jewelry, cameras, important documents, unless you buy your own insurance. Even then you're taking a chance. The shippers won't insure them and, most likely, the Army won't reimburse you for them. If a manuscript or thesis is lost in transit, you will be reimbursed for only the price of the paper on which it was written.

"Don't throw a broken or damaged item away. Keep it in the packing materials if possible, to show whether it was improperly packed."

"Read all papers carefully before signing, both before and after the move. Check the mover's inventory of your goods to make sure you agree with their estimate of the condition of your goods. If they note something as chipped or scratched, have them note the length and depth of the mar. Otherwise if they damage it even further, you have no documentation that the fresh six inch gash is not the 'scratch' they noted. Also have them note the position of the scratch."

"Following the move, examine your goods carefully before signing the DD Form 619 they will present to you. Document any damage on this form before signing. Again be specific as to the nature of the damage. If you don't take these precautions it becomes very difficult to document your claim."

"Also, file your claim as soon as possible. The statute of limitations is two years, which may sound like plenty of time, but some people still let it slip by before they realize it."

Barracks thefts and auto vandalism create more claim situations. The regulation which determines whether a claim is valid or not requires a determination of whether the victim did everything necessary to secure the item. If a person is determined to have been negligent, he or she may be barred from payment of the claim. The item must also be considered "reasonable, useful and proper". This doesn't usually encompass cash greater than $100.00 stored in a barracks room. The Army doesn't consider it fair that the taxpayer should pay for one person's lack of common sense.

Capt. Millard also said that the regulations have been revised to restrict reimbursement of a Citizen's Band (C.B.) radio, since if a person can afford one, they should also be able to afford insurance. However, each claim is considered individually, so it depends on the circumstances.

"Many people are unaware of the provisions of Article 139 of the Uniform Code of Military Justice (UCMJ)," said Capt. Millard. According to it, if someone makes a claim against the government as a result of willful damage on a soldier's part, the Army can pay the claim and in turn deduct the amount of the claim from the soldier's pay. This article would be applicable where a soldier went for a joy ride in a tank and crushed a street full of parked cars, or in similar acts of willful destruction.

Another little-known claims item is the Federal Medical Care Recovery Act. The usual situation under the Act is where a civilian negligently injures a person entitled to medical care by the military. The Act allows the Government to recover its costs in providing such medical care to the injured soldier, dependent or retiree. This again passes the bill from the taxpayer to the responsible party.

Capt. Millard and the counselors in the claims office are available for advice on whether to submit a claim or not. Capt. Millard said, "If there is doubt as to whether or not a claim is meritorious, I recommend they go ahead and submit it." However, remember that it's a federal offense to file a fraudulent claim.

You can sell your leave

Soldiers who have reenlisted and sold back leave since Feb. 10, 1976, when the fiscal year 1976 Appropriation Bill became law, will be allowed to repay the leave payment and have the leave credited instead.

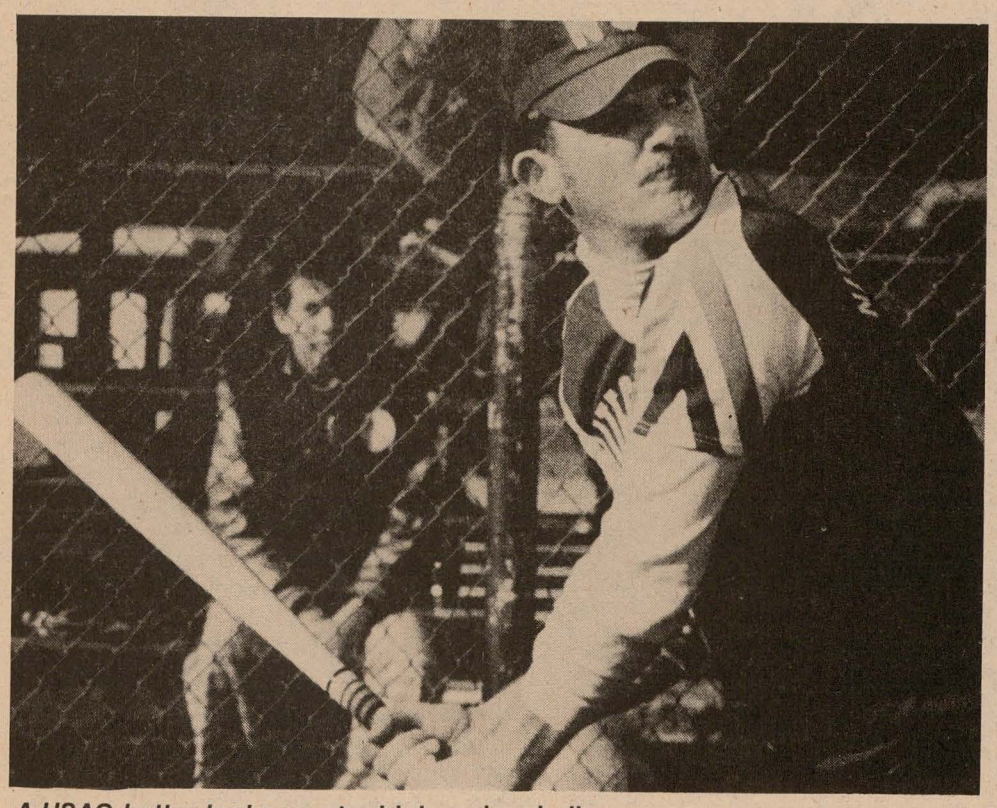
With the anticipated congressional passage of the 60-day limit on leave sell-back beyond fiscal year 1976, soldiers who sell back leave early in their career would lose money. If the soldier waits until later in his career when basic pay and allowances are greater, the payment for unused leave will be greater.

The congressional measure limits to 60 days the amount of leave a soldier can sell back over an entire career, instead of at each reenlistment. Soldiers may not have been aware of that provision when reenlisting so Department of the Army is giving them the opportunity to buy back leave they may have sold at reenlistment since Feb. 10.

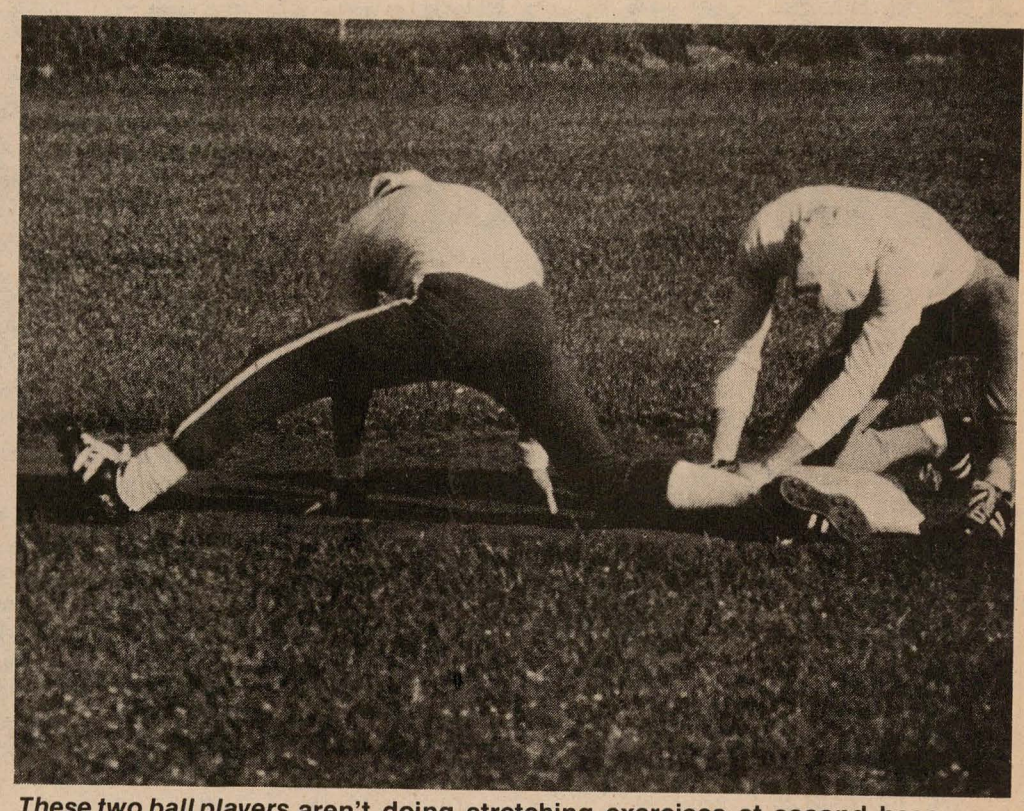
The payment must be made in a lump sum by June 30, 1976. The soldier's leave will be reinstated when full payment has been made. The soldier's discharge certificate, Department of Defense Form 214, also will be corrected to reflect the amount of leave sold back. (ANF)

Season opener softball action

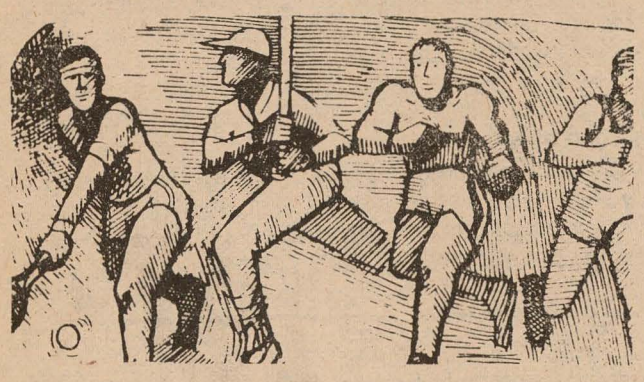
Photos by C.D. Steen



A USAG batter looks up at a high-arcing ball.



These two ball players aren't doing stretching exercises at second base. USAG's second baseman was trying to tag out a 170th base runner.



Sports deaths serve warning

By Clarence Breeback

The recent sports deaths of two former University of Maryland basketball players and a Naval cadet have raised a furor in the collegiate sports world. All three of them had serious heart conditions unknown to their friends, family, coaches or medical authorities.

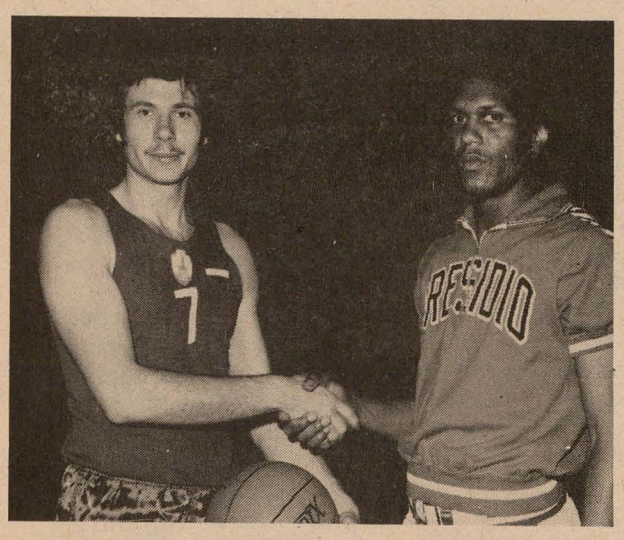
They could have been stricken fatally while driving the family car. As it happened, they were all struck down during athletic events—two in pick-up basketball games and one on the U.S. Naval Academy track.

We all take our health for granted. Most of us are not in the shape we'd like to be and many of us are not as healthy as we think we are. With the implementation of the post physical fitness and weight-loss programs, many people are plunging headlong into diets and exercises to lose weight and get into shape quickly. Without medical supervision, either one could be a dangerous formula. Combine them and they could be a lethal knock-out punch.

Everyone wants to lose weight and get into good physical shape; but let's not lose our perspective and common sense. The idea is to stretch, not to strain. It's a gradual process which requires a lot of patience.

People over thirty years old are required to pass a medical exam before they get involved in a vigorous physical exercise program. I think it's a good idea for everyone, regardless of age. We need to take a common-sense approach to the problem; we can't gamble with our health. The life we save may well be our own.

From the Soundoff



The SP has broken its tradition of never using a grip and grin photo. This pic is almost worth it. The Russian Jr. Olympic team recently visited the Presidio and practiced at the Post gym. Here, Fedorinov Vasiliy, USSR team captain, is greeted by SP4 Alex Scott, captain of the All-Army basketball team who also practiced at the gym, April 30.

INTRAMURAL SOFTBALL STANDINGS

May 3 marked the opening of the intramural slow-pitch softball season for the Ft. Scott and Presidio leagues.

Standings

Presidio League	Won	Lost
170th MP	0	1
USAG	1	0
LAIR	0	1
District Eng.	0	1
402nd MP	0	1
LAMC No. 1	1	0
864th Eng.	1	0
666th Radar Sq.	1	0

Ft. Scott	Won	Lost
WRRC	1	0
16th BPO	1	0
Ref. Lab.	0	1
LAMC No. 2	1	0
ARR IX	0	1
HHB 504th MP Bn.	—	—
525 MI Group	0	1

Women's softball lacks verve

With the start of summer, people's thoughts turn to sports. But it appears the Presidio women aren't too interested in some of the post's softball activities.

"We had two people show up Monday for softball practice," stated Sharon Dick, team coordinator. "If this kind of spirit keeps up, we won't have a team. As it is we have only a couple more weeks before our first game is scheduled."

"I was supposed to be the coach," says Nashall Harris, would-be coach, but there were four people max on any one day for the try-outs. I've tried putting out notices, bulletins and things like that, but it doesn't seem to help. We need more enthusiasm from the girls."

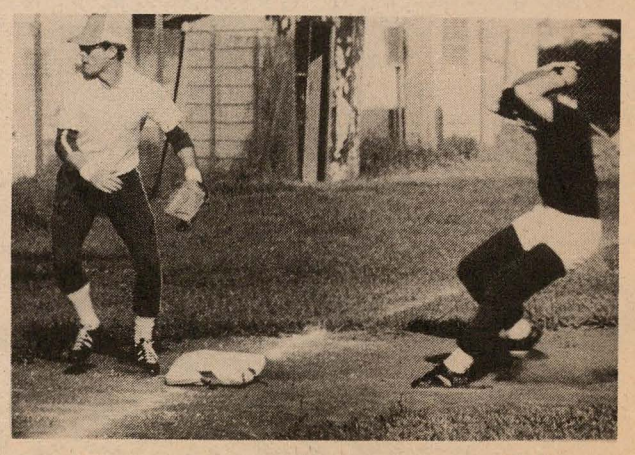
Practice is scheduled every Monday, Tuesday, and Thursday on the Library PT Field. Every other Monday (this Monday) practice will be at 6:30 p.m. Tuesday practice is 6:30 p.m. and Thursday practice is at 5:30 p.m.

Post slow-pitch softball

The Snafu softball team was making it hard for Presidio to win their second regular game as they stayed only a couple of runs behind SF most of the April 29 game. At one time both teams were tied and Presidio began wondering about getting unexpectedly upset by the somewhat inexperienced San Francisco team.

But the Snafus got snuffed out in the bottom of the sixth when Presidio almost went around the order three times, highlighting a 21-6 finale.

A few untimely errors on Presidio's part, along with good place hitting by Snafu batters kept the game in doubt until the sixth. Most of the 25 hit barrage came with two outs.



A USAG baserunner covers up as a wild throw from center field misses 170th third baseman.

Sports

Letterman fast-pitch

Letterman has made it three straight as they downed the DTs 10-4 April 29.

Presidio bowler aces FORSCOM

Roger Goodman, the strong-arm of the Presidio bowling team at the Western Region FORSCOM Bowling Tournament, placed first in the singles event but Presidio rollers in team-events placed a disappointing ninth out of 10 representing teams. Bob Bridges came in second in singles. Goodman shot 1,286 for six games and Bridges had 1,230 pins.

"As a team, we just fell apart in the end," said the saddened voice of team captain Roger Goodman in a telephone interview. "Ft. Hood, who took first in the team event, just came on strong as did the other seven teams."

Ft. Hood came in with a 5,328 total pin finale. Presidio was way back with 5,096.

Goodman was close in the all-events catagory also, following a former Presidian James Worley who rolled first for Ft. Lewis, Washington. Worley struck for a 21-game total of 4,325. Goodman, on the last day, closed to within 37 pins for second.

The Presidio women's team came in third in the team event, it was reported.

Roger Goodman was awarded trophy bookends for the first-place singles event, and an AM-FM radio and a cassette player for second in the all-events placement. Bridges also received a radio for his placement.

Students needed for Martial Arts classes

Tae Kwon Do and Hapkido classes are being offered Monday, Wednesday, and Thursday at the Letterman Gym between 5 and 6:30p.m. Master Shin, a 7th degree Black Belt from Korea, will be the instructor. For more information or just rap about the martial arts call Lt. John F. Swegart at 2585/2528.

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Star Presidian

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New 'shirt' for an old post



Photo by A. C. Reyes

CSM Hodges: "My main concern will always be troops—the private who pulls guard or works a detail."

An old British general once remarked, "Give me a good sergeant major and I can lick the world." Sergeants major, whatever their titles, have been the cornerstones of every army in history. In this tradition, the new cornerstone of the post is Command Sergeant Major James Hodges, Jr. The new "top" is an interesting man for Presidians to know, especially since he will supervise all the NCOs and enlisted on post.

The following article is taken from an interview with Comd.Sgt.Maj. Hodges last week:

Q: How do you feel about being on the Presidio?

A: The Presidio is a challenge. I like it, but because it is an open post you must deal with a wide range of situations and agencies. You have to be aware of many things all the time.

Q: Do you, the leading Noncommissioned Officer on post, feel the prestige of the NCO corps is being eroded?

A: I may be in the minority, but I do think that some of the prestige and authority has been taken away. But I also must say that some NCOs use this as a crutch. In the few days I have been here, I have seen soldiers walking around in atrocious uniforms, unkempt, in need of haircuts. Who is responsible for this? Not that colonel or lieutenant colonel, but the direct line supervisor sitting outside his office. Yet here we are asking for more responsibility. If we can't take care of basics, we can't take care of the rest. People often let things slide and just collect money on payday. I don't really feel our prestige is being eroded, we just aren't doing anything to enhance it.

Q: How do you feel about Volunteer Army concept?

A: Instilling in today's soldier the attitude and respect due from all soldiers places great demands on the NCO. By the same token, if we can show the young soldier that we are genuinely concerned with his or her welfare, that we respect him as a human being, not just a warm body, then I think the rest will fall into place.

Q: What changes, if any, do you propose to make?

A: My main concern will always be troops—the private who pulls guard, or works a detail. I would be derelict if it were otherwise. One thing I plan to do is meet with my fellow NCOs to find out problem areas. I'll be asking very pointed questions. Then we can get to work trying to find solutions. I won't make changes for the sake of changes, but to improve situations.

Q: Do you have any advice to young troops?

A: Keep straight. Do your job to the best of your ability. If you've got your stuff together, I might not notice you, the colonel might not notice you, but your platoon sergeant and immediate supervisor will. That's the way to get ahead. And that's ultimately what the Army's all about.

Truck mashes powerline, machines take break

By A. C. Reyes

Quite a few people were a bit grumpier than usual Tuesday morning when their coffee machines suddenly went on strike and decided that they weren't going to brew any more coffee. In all fairness, however, it must be explained that the recalcitrant machines were not to blame. The power failure responsible for this sad state of affairs was traced to a short circuit caused by a sudden power surge at the Generator House located at Lincoln and Taylor (bldg. 627). This burned out three transformers in the meter panel, and zaappp! no electricity, no coffee, no nothing.

According to SP4 Michael Digby, Traffic Accident Investigator PMO, the chain of events started out like this: A driver at the Motor Pool inadvertently drove the front bumper of his five-ton truck onto the cowering, defenseless, pitilessly exposed bottom section of a light pole. This caused the electric lines to be yanked out of their sockets screaming helplessly. The fire department was promptly called, since there was a very real possiblity of fire breaking out.

Inspector Streeter, of the Presidio Fire Department, informed us that two trucks answered the summons. Fortunately, the fire threat did not materialize. Eventually, everything went back to work, although the coffee machines were idle for five hours.

CELEBRATE THE NATION'S BICENTENNIAL YEAR

ATTEND THE

BICENTENNIAL DEDICATION CEREMONY

OF THE

FORT POINT NATIONAL HISTORIC SITE

2P.M., SATURDAY, MAY 15, 1976



Photo by Don Johnson

Empty dining room at NCO/EM Club.

'Save our club' day

NCO/EM club in straits

By Carol Cronin

A concerned volunteer committee met last Monday, May 10, to try to pinpoint the major reasons the NCO/EM Club is having consistent problems staying out of the red. But more immediately, they were planning "Save Your Club Day", an attempt to draw attention to the problem, and to the benefits and potential of the club.

As part of the special events planned for the day, beginning at noon, May 21, Webb's Disco will provide music from 1p.m. to 6p.m., inexpensive food will be available via an informal cook-out, door prizes will be awarded, and the facilities new name will be announced. Suggestions are being taken for the new name by the club manager, Bldg. 135, up until noon on May 21. The person submitting the winning suggestion will win $25.00 and two tickets to any play in the city. Although everyone is invited to Save Our Club Day, only club members may nominate a name for the club.

Staff Sergeant Dennis Porche, club manager, says he is open to viable program changes if the changes would increase the patronage. Staff Sergeant Agnes Ellis, Human Relations Person, LAMC, who is in charge of the committee, hopes that eventually the club can be rearranged to provide a more intimate area. The selection and price of food is another problem to be ironed out, in addition to the type and frequency of live entertainment.

If you have any suggestions for improvements to the club, now is the time to make them.

Nomination for new name of NCO/EM Recreation Services Club.

Submitted by (name):
phone:
Only NCO/EM Club members are eligible for this contest.

.Hot Flash. . .Hot

Seafood quarantined

"A quarantine is hereby established of all species of mussels from the ocean shore of California. .from the California-Oregon boundary south to the California-Mexico boundary, including the Bay of San Francisco and all other bays, inlets, and harbors. During the period of quarantine, mussels may concentrate a toxic material that is highly poisonous to man. . ."

The quarantine, issued by the State Health Department is now in effect through October 31, 1976. The annual quarantine is issued because of high levels of dangerous paralytic toxin found in mussels along the coastline. This toxin comes from tiny organisms which mussels and clams feed upon. The poison is concentrated in the digestive glands and muscle tissue of the shellfish.

If mussels with concentrations of the poison are eaten, the toxin can affect the central nervous system within a few minutes to a few hours, according to the State Health Department. The first symptoms of poisoning begin with tingling and numbness of the lips, tongue and fingertips. Loss of coordination and balance, slurred speech and, finally, complete muscular paralysis leading to death mark the progress of the poisoning. There is no known antidote and the poison is not destroyed by boiling the mussels.

The clams found along the coastline should be cleaned and washed thoroughly before cooking. The white meat may be eaten, but all dark parts of the clam should be discarded because of the concentration of the poison.

There is no danger of shellfish poisoning from eating abalone, shrimp and crab at any time as these shellfish do not feed upon the organism necessary for the poison in mussels and clams, according to the State Health Department.

Sixth army band concert

The Sixth US Army Band will perform in concert Wednesday, May 19, at 7:30 p.m. at the Presidio Playhouse. The program, which is free to the public, will be composed of selections from eight European countries.

WAC memorial dedication

The Women's Army Corps Veterans Association will didicate their $10,000 Memorial Redwood Grove in the Big Basin Redwoods on May 22, 1976.

After the dedication Chapter No. 43, Palo Alto, WAC Veterans Association, will sponsor a birthday party to honor the 34th year of the Women's Army Corp, at the San Jose Hyatt House. All are invited to attend. Contact Nelda Hagy (587-6974) for additional information.

"Show biz" month on post

The Presidio Music Center will present a potpourri of musical talent this month as part of Army "Show Biz" month. Active duty military participants from the Presidio will unveil a wealth of talent from classical piano and operatic vocal, to pop vocals and even a magician.

Elaine Elam, Music Center Director, has recruited, auditioned and coached approximately ten acts for the May 21 performance. Army talent scouts will attend, and may choose any of the acts to attend the "Showcase Salute" at the John F. Kennedy Center for the Performing Arts, Washington, D.C., June 25-27.

Elaine has been working with the acts anywhere from two weeks to two months, but most of the participants have developed their talents over a much longer period. Major Brad Paulson, an Anesthesiology Resident, LAMC, has been studying voice as an operatic tenor for five years.

Spec. 5 Seline (Sammie) Melton, Legal Clerk, U. S. Army Legal Services Agency, West Coast Field Office, started learning classical piano when she was 2 1/2 years old and played with the San Francisco Symphony when she was 14. Elaine thinks these and several of the other acts have a good chance for being chosen to appear at the finale in Washington, D. C.

The curtain will rise for the local talents May 21, 5p.m. at the Concert Hall in the Music Center Everyone is invited to the free performance.

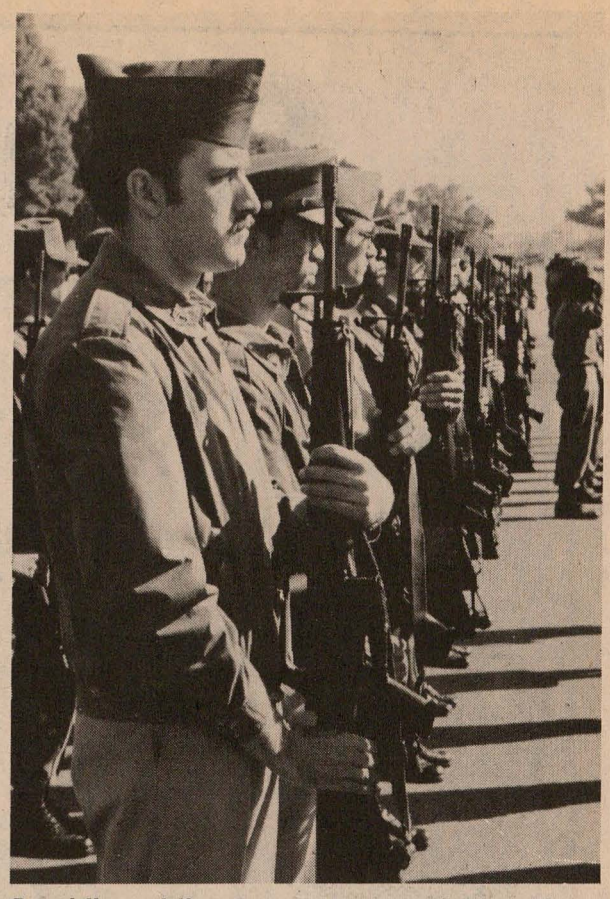
Criminology program:

City College of San Francisco will conduct a Criminology Program at the Fort Scott Education Center, Bldg 1216. Each course will be held for a two-week period, Mon, Tues, Wed and Fri from 8a.m. to 4p.m. To coincide with the training schedule of the military police units, each course will be conducted twice before a different course is scheduled. Courses scheduled are:

Introduction to Criminology, CRIM 57, 3 SH First Course 17-28 May 1976, Second Course 14-25 June 1976.

Criminal Law, CRIM 52, 3 SH, First Couse 19-30 July 1976, Second Course 16-27 August 1976: principles of California criminal law.

There is no fee for the courses for California residents or military personnel and adult dependents residing in California less than one year. For others the tuition is $107.40. Tuition assistance is available to qualified military personnel if the tuition assistance Form DA 2171, is completed and returned to the Education Center three working days prior to the beginning of class. For firther information, call Ft. Scott College Dept., 2974/4445 or the LAMC College Dept., ext 3693/4030.



Presidio soldiers **present arms, in practice for today's Armed Forces Day Retreat and Review Ceremony.**

Armed Forces Day

Colonel Warren J. Lodge, Presidio Commander, has invited members of the news media to visit the installation today as part of Armed Forces Week activities.

A formal retreat parade will mark Armed Forces Day at the Presidio, beginning at 4:30p.m., on the main parade field in front of Sixth United States Army Headquarters, building 38. Colonel Lodge added that newsmen will be welcome to visit regular post activities while on the Presidio.

Lieutenant General E. M. Flanagan, Jr., commanding general, Sixth United States Army, will be the reviewing officer at the retreat ceremony.

Participating in the ceremony will be a four platoon honor guard, the Bicentennial Color Guard in period uniform, the 504th Military Police Battalion salute battery and a flag detail from the office of the Provost Marshal.

Appropriate music will be provided by the Sixth United States Army Band.

Blotter

Stickyfingered shoppers beware

By Jody Hansen

During the first three months of 1976, 38 persons were caught shoplifting in the Presidio PX. Many of these individuals had their PX privileges suspended for a time and also appeared in the U.S. Federal Magistrate's Court charged with the offense of petty theft. Shoplifting is a serious offense punishable under the California Penal Code through the Assimilative Crimes Act. The Post Exchange has an effective surveillance system. Shoplifting hurts everyone using the exchange facilities; high losses due to shoplifting throughout the entire exchange system result in increased prices for the consumers. All patrons are urged to report suspicious activity to exchange personnel.

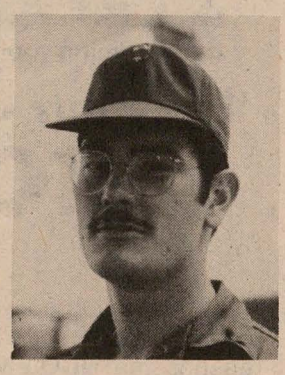
Ramblin' Sam

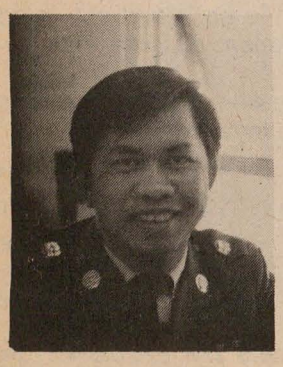
What is your major problem on post?

SP5 Cheryl McQueen, Staff Medical Advisor, 6 USA Hqs: I guess it would have to be the fact that I get so frustrated when I hear that the NCO/EM Club is on the verge of closing up. You know, I used to be on the Entertainment Committee, and sometimes we would come up with an idea, but somehow, once the idea was submitted it would never be heard of again.

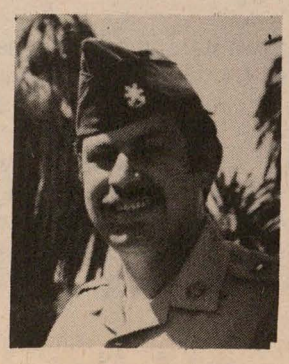


SP4 Robin Guinan, supertroop, clerk, COMPACT: Oh, I guess the fact that we can't get into Bldg. 104 (WAC barracks) to use the dayrooms. Seriously, though, the lack of a dayroom. We had one at one time in Bldg. 105, but it has been closed for a long time now, and no prospects of it being opened again.





SSG Roy Santos, NCOIC, Customer Services, COMPACT: People! Or rather the lack of people. I am supposed to have three EM working for me. I only have two presently assigned. And it seems that details and parades keep them away from their jobs a sizable percentage of their duty hours.



SSG Zeke Santa Cruz, Plans and Management Division, DCSPA: Trying to get this police call thing off the ground. Hey! That's pretty good! Off the ground, do you get it? The landscrapers do a very good job of mowing the lawn. The only trouble is that they also mow right over pieces of paper, cigarette butts, etc., the result? Zillions of little pieces of paper to be picked up, and you know who picks that up!

Star Presidian

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Colonel Warren J. Lodge, commander
Major Michael J. Williams, public affairs officer
Sp4 David M. Ruff, editor
Sp4 Carol Cronin, reporter
SP4 Robyn Sherwood, reporter

Lost limb makes no difference to Presidio soldier/sportsman

By C. D. Steen

Five years ago a sergeant, while serving a hitch in Vietnam, was seriously wounded when 12 AK-47 bullets found their mark in the NCO's left leg. They would ultimately lead to the removal of lower leg.

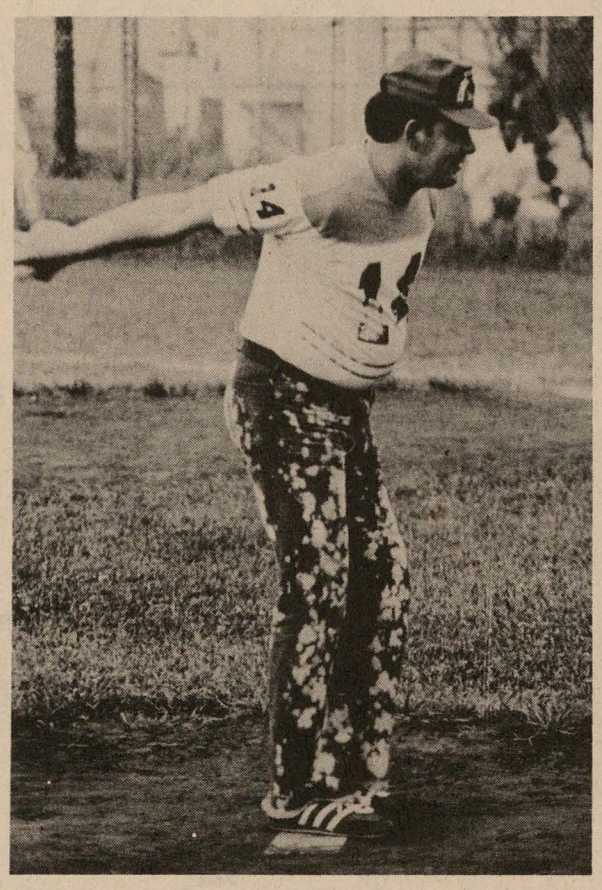
Today the same NCO, SSgt. Bill Kratzer, who is assigned to Headquarters Company, USAG, doesn't pay the wound much thought anymore. In fact, he is too occupied with his duties as the company's administration NCO and too busy pitching winning slow-pitch softball games in the intramural league.

Equipped with an artificial plastic limb, Kratzer stands with both feet firmly planted on the mound and delivers the highest arcing ball many slow-pitch players have seen. He has succeeded in striking out batters (nearly impossible in slow-pitch) and keeps many other batters from doing any better than popping up or grounding out. He has played two games so far and has won them both.

Kratzer, 30, says the missing limb doesn't bother him in almost anything he trys. He walks with a hardly noticeable limp. When he delivers on the mound, he stands stiff legged and just lets his arm swing do the work. And how it works!

He doesn't have any trouble with a bat, either. For him, it's all wrist action. He's as capable of knocking a softball as far as any on the team. He proves it every time he comes to bat.

The only change in the batting lineup is that once he reaches first base, another person runs for him. One thing he won't try is sliding into second.



Bill Kratzer delivers his "stiff-legged" pitch.

Bill Kratzer received the wound while serving near Chu Lai, Republic of Vietnam, with a Special Forces unit. In combat action, a North Vietnamese soldier opened up at the young sergeant and hit him massively in the leg, and also nailing his right arm and left little finger in which the tip was shot off. He was later awarded the Distinguished Service Cross (nation's second highest medal) and the Soldier's Medal for bravery in action.

Recovery found Kratzer in Vietnam, Japan, and U. S. hospitals for a year. He later requested, and was granted, a continuance of active duty once he was up and around again. He has been on active duty for 14 years and will receive full disability whenever he decides to get out.

Bill doesn't only play softball. He can be found tearing up bowling lanes with the same stiff leg approach which he says doesn't hinder him much. He also skiis, using special rudder ski poles and balancing on only one leg.

For the many veterans who have sustained crippling wounds, help and compassion from others brought them through. For SSgt. Bill Kratzer, a special gratitude is held for one Lieutenant Colonel Nancy Mathews, a physical therapist who was assigned to Kratzer's case at Valley Forge Hospital. He was able to thank her again. She is now assigned at Letterman Hospital.

"I am able to function like a normal person, thanks to her," said the sergeant with a hint of a tear and a broad smile. "I'll never be able to thank her enough.

Play ball!

The secret eye

A gathering of people and events under the watchful SP typewriter

By Eve S. Dropper

A very short time ago, last week, actually, a 'short' editor and a rookie reporter created a strange new being, Eve S. Dropper. Now, in keeping with a soon-to-be tradition, Ms. Dropper is waiting with open ears behind every corner and crevice of the post. The only way to combat Ms. Dropper is to volunteer the information, anonymously, or otherwise, about any and all complaints, happenings, and things to be thankful for.

A 72E20 MOS is a Communication Center Specialist. If there are any of you out there who would like to trade your assignment at the Presidio of San Francisco, Oakland Army Base, or Sacramento Army Depot for an assignment at Ft. Louis, Wash., please contact Sp/4 Claire Ce. Kenner at 5551-6-2707, 176th Signal Co (OP), Ft. Lewis, WA 98433.

If you're missing former Master Sergeant Billy G. Gipson's face in the Headquarter's Company Garrison orderly room you don't have to go far to find him. He's working just down the street in Finance as the Finance Operations Chief.

Several employees of the Logistics Division 4 were awarded letters, signed by BG Woodard, CDR, LAMC, for outstanding accumulation of sick leave. Honored were: Mr. W. Williams Jr., with an accumulated 2,000 hours sick leave; Mr. T. Dickson, with 1,300 hours sick leave; Mr. J. Scott, with 2,000 hours sick leave; and Mr. D. Freitas, for 1,200 hours accumulated. Mrs. G. Bartlett was presented with a 10-year pen at the same time.

DART! to the Presidio Post Office. After spending several visits waiting in a line, I finally found out why. One of their employees leaves at 4:00, so he/she closes the window to start turning in money and other accountables. The post office thinks one window is enough. What do you think?

A new Bicentennial twist. A Savings Bond promotion! May has been designated as Savings Bond promotion month. If your thinking about buying bonds, do it now!

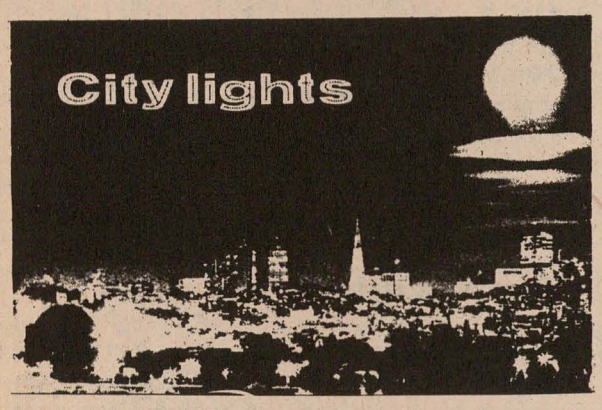
Parents! Please teach your children the proper use of matches, and not to play with them. There were several grass fires here during 1975, as well as a serious fire in quarters this year caused by misuse of matches.

High blood pressure can sneak up on you. You can have it without knowing it. It can lead to strokes, kidney failure, heart attacks - even death if not treated. If you don't know your blood pressure, you can get a free test by dropping by the Post Exchange, Saturday, May 15 and May 22. Those few minutes could mean a lot to your health.



The time to make a note of Emergency numbers is before an emergency occurs. the LAMC Emergency Telephone Number has been changed from 3190 to 3166. Alternate numbers are 4181 and 4177. Other numbers that should be kept within easy reach of the phone are: Fire—117, Military Police—110, and Facilities Engineer Emergencies—2104.

Another week, and the tradition is slowly building! So, until next week, you'll never know when Ms. Dropper is watching you!



By Carol Cronin

Friday, 14th Feeling angry at a two-faced friend? Watch "Dr. Jekyll and Mr. Hyde" tonight at Avenue Photoplay, 2650 San Bruno Ave., and he or she may not seem as bad. The 1920 horror movie starring John Barrymore and Nita Naldi is accompanied by "Chandue, the Magician (1932), the tale of a madman versus the magician, with Edmund Lowe and Bela Lugosi. The films start at 8:30p.m. Admission is $2.00.

Saturday, 15th The happenings today are rather up-in-the-air. That is, they involve kites, hang gliders and paper airplanes. The mettle of a multitude of airplanes will be tested at the Great Paper Aeroplane Derby, Kezar Stadium. Planes will be judged for distance, duration of flight, aerobatics, accuracy and design. The competition will begin at 10:30a.m. Admission is free.

Meanwhile Ghirardelli Square's Second Annual Kite Festival will be taking off in the West Plaza of the Square at noon. The Festival opens with kite-making demonstrations and a hang-glider display and discussion. The kite flying contest follows tomorrow at 1p.m. to 3p.m. in Victorian Park (next to Ghirardelli Square). Demonstration flights, such as a 150 ft. dragon kite and a 50 ft. octopus kite are also planned.

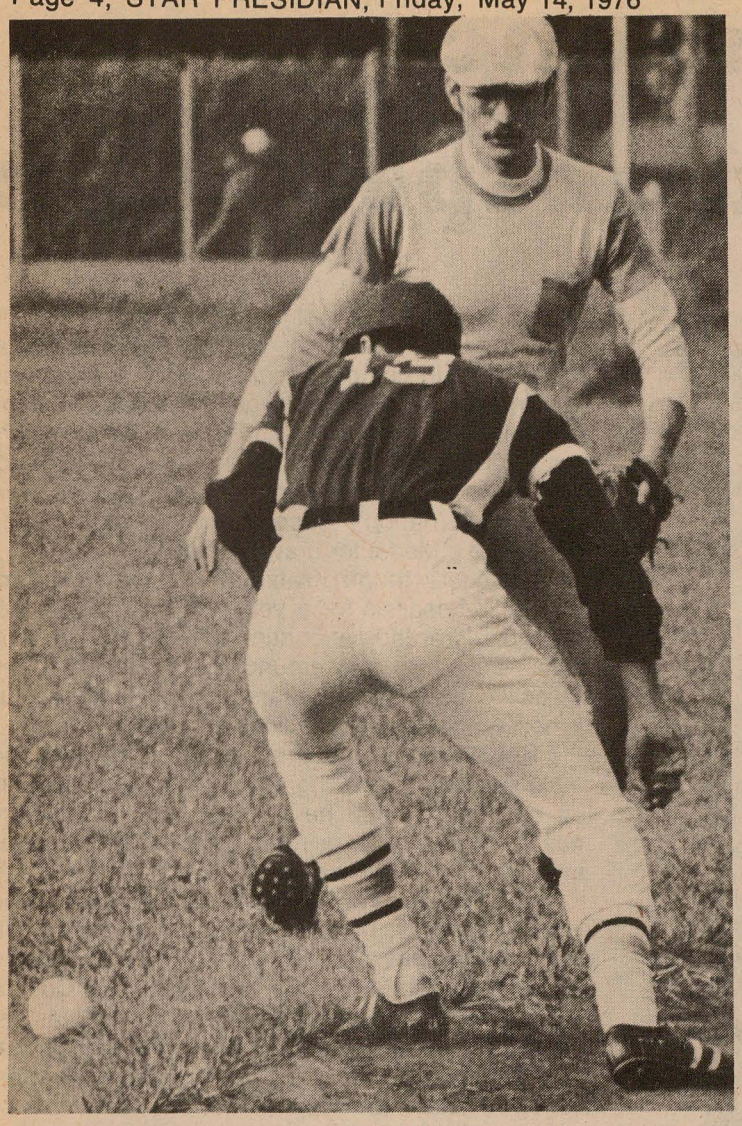
Sunday, 16th You have two lively choices for exercise today. As one of the many bicentennial happenings, a Day-long Folk Dance Festival is being held in Justin Herman Plaza, foot of Market St., starting at 10a.m.

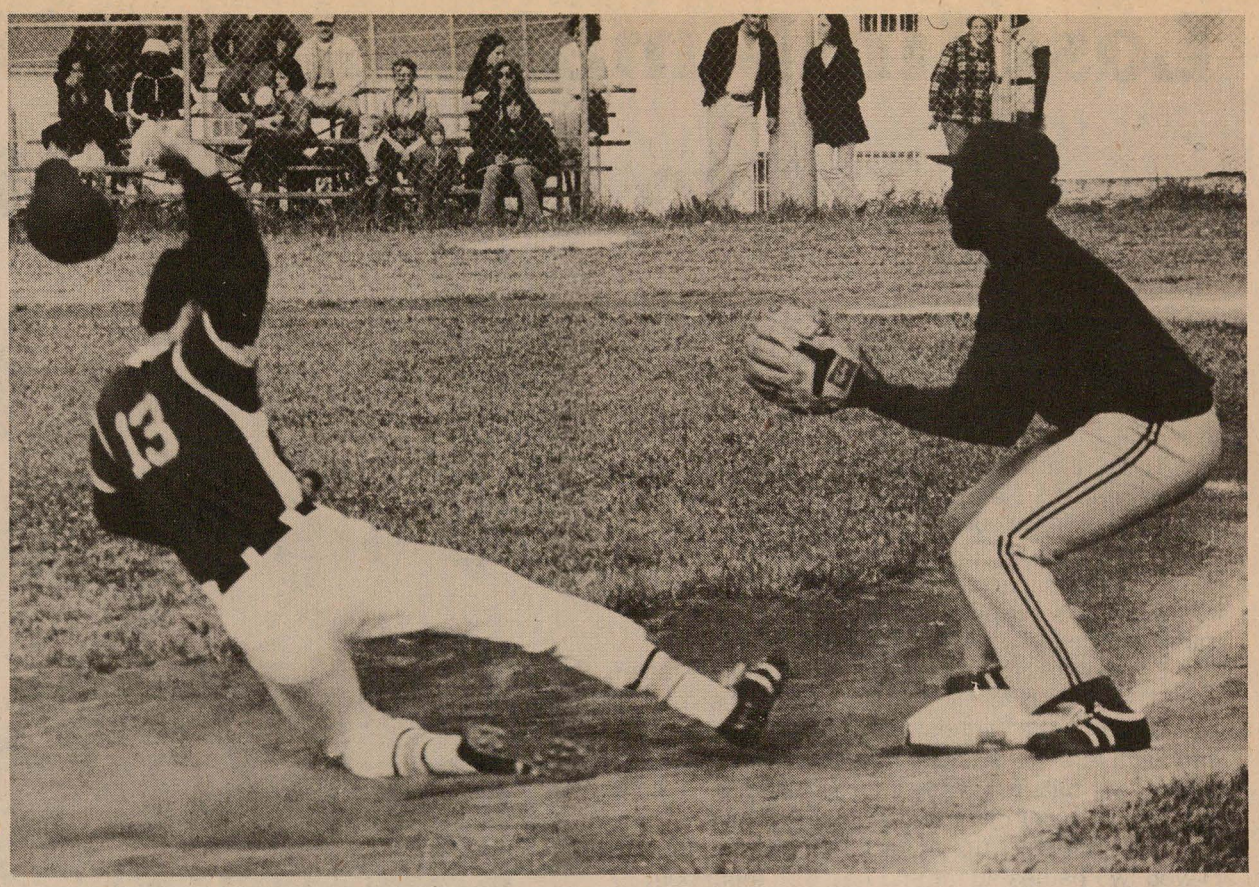
If you prefer an even livelier event, the Bay to Breakers race is a change for all the joggers to get together and go all out. Joggers who complete the 7 1/2 mile course from the downtown area to Ocean Beach within the time limit will receive an award for their accomplishments. A Presidio contigent will enter.

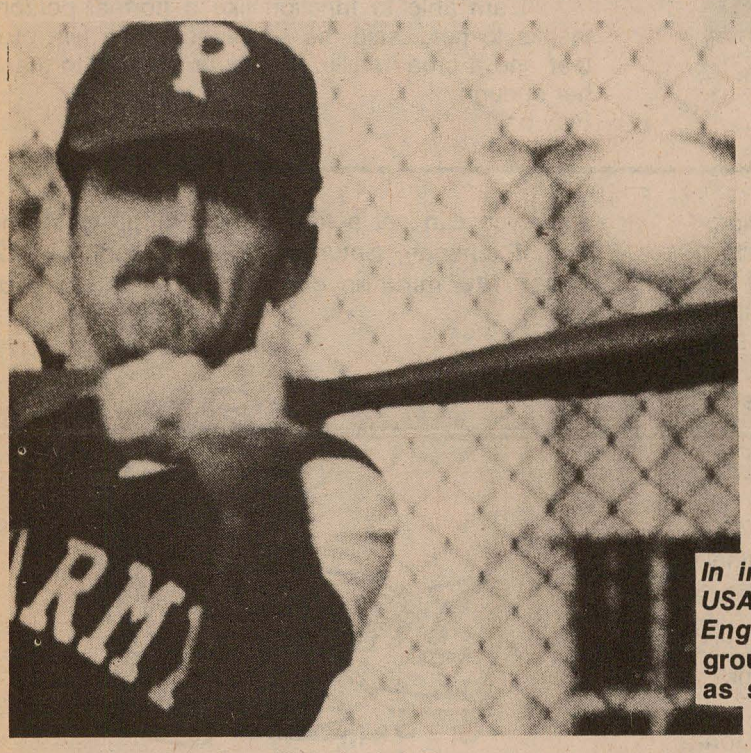
Monday, 17th An exhibition of Indian Drawings and Painted Sketches, 16th-19th Centuries, will be on display at the Asian Art Museum, Golden Gate Park, through June 20. The museum is open daily 10a.m. to 5p.m., and admission is 75 cents (18-65 yrs.), 25 cents (12-18), all others free.

Wednesday, 19th Mel Ellison enlivens the Exploratorium with his unusual jazz tonight at 8p.m. His group includes: Mel Ellison, saxophone and flute; Brad Billhorn, drums; Charles Metcalf, acoustic and fretless Fender bass; Smith Dobson, acoustic and electric piano. Admission is only 25 cents.

Thursday, 20th On guard! The Presidio Recreation Center is featuring a fencing exhibition tonight at 8p.m.









In intramural slow-pitch softball action, Monday, USAG made it two in a row as they beat 864th Engineers,* 6-3. Pictorial action: (clockwise) A ground ball gets by USAG's shortstop Ed Geier, as second baseman Roger Hagedorn races to back up Geier. *Ed Geier takes a shin-scraper slide into third base as 864th Engineer baseman Matt Johnson waits for throw.* Ron Eklund of 864th stretches a double. The throw to Hagedorn was too late. *Jerry Freeman grimaces as he takes a cut at a pitched ball. Photos by C.D. Steen

Sports

Youth Summer tennis lessons

Registration for Youth Summer Tennis Lessons is May 17 at Recreation Services Office, bldg. 122, Monday through Friday, 7:30a.m. to 4p.m. A $5.00 fee per youth will be payable upon registration to defray expenses. Eligibility is reserved for active duty personnel dependents between the ages of nine and 18. The program will run from June 21 through August 31. Deadline for registration will be June 9. Contact Youth Activities Director for more information at ex. 3637/5141.

The Central YMCA will be offering tennis lessons beginning May 18. The class will be held on Tuesday and Thursday mornings from 7-8a.m. in the gym. A five week course (10 sessions), the class is designed for beginners, featuring conditioning and fundamentals of good tennis.

Co-ed gymnastics class

The Central YMCA will begin a five-week course in co-ed gymnastics on Wednesday May 19 from 7-9:00p.m. at 220 Golden Gate Ave. The course will cover 4 women's events and six men's events, including trampoline, under the guidance of collegiate gymnast John Fong. Beginners through intermediates are welcome. For more information call central YMCA at 885-0460.

Intramural Boxing

The finals of the intramural boxing tournament have been announced. In the 135 pound class, Richard Soliz, 51st Engineer Detachment, won over Donald Tuers of the 402nd MP Company.

Robert Molter, Support Element, beat William Serafin, 51st Engineer Detachment, in the 155 pound class.

For the 170 pound class it was 170th MP Company's Steven Bowers over Michael Merrill.

Robert Cesena of the 864th Engineers, downed Kevin LaMort, 170th MPs in the 180 class.

In team standings it boils down to the 170th MPs in first; followed by 51st Engineer Detachment; with Support Element, 864th Engineers, and 402nd MP company holding third.

Intramural golf standings

Presidio League	WON	LOST	TIE
170th MP Co.	4	0	0
402nd MP Co.	2	1	1
USAG	2	1	1
WRRC	2	2	0
525th MI	2	2	0
LAMC 1	2	2	0
LAIR	1	3	0
Sup Elem	0	4	

Ft. Scott League	WON	LOST	TIE
Army Ready Reg IX	3	0	0
USA Ref Lab	2	1	0
AFPD	2	1	0
163rd MP Detach.	2	2	0
LAMC 2	2	2	0
16th BPO	1	3	0
864th Eng.	0	3	0

Slow-pitch softball standings

Presidio League		
USAG	2	0
666th Radar	2	0
LAMC 1	2	0
864th Eng.	1	1
402nd MP Co.	0	1
Dist Corps Eng.	0	2
LAIR	0	2

Ft. Scott League	WON	LOST
WRRC	2	0
LAMC 2	2	0
16th PBO	1	0
525th MI	0	1
Army Ready Reg IX	0	1
HHD, 504th MP Bn	0	1
USA Ref Lab	0	2

Post wrestling tournament

In flatback mat action, May 6, LAMC's Edward Benbow held Craig Barrett of the 864th Enginners to win in the 135 pound class wrestling competition.

In the 155 pound class, Steven Sidoff, LAIR, pinned Daniel Bailey of the 170th MP Company.

It was an easy win for Jose Martinez, 87th Ordnance Detachment. His opponent forfeited.

Robert Marge, 170th MPs, kept Robert Lung, LAMC, down to take the 195 pound class.

Team standings have LAMC in the number one spot, with 170th MPs, LAIR, 87th Ordnance, 864th Engineers, and Support Element following.

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Star Presidian

Volume 19, No. 20 | Presidio of San Francisco | Friday, May 21, 1976

"Sugar Plum, this is Cherry Picker"

CB - Talking to thin air

By C. D. Steen

"Break! Break!"

"Go ahead, break."

"KTF 9587 Ramrod, calling Calamity KTF 9587."

"This is KTF 9587 Calamity at KTF Base. Go ahead, Ramrod."

"Meet me at my work 20 at 1330 hours. Is that a 10-4?"

"10-4, Ramrod. This is KTF 9587 Base clear with KTF 9587 mobile."

"This is KTF 9587. Clear channel."

Heavens to C. W. McCall! Ever since that rock 'n roll radio jockey put out the song about truckers and bears, citizen band airwaves have been getting fuller and fuller and the trend is spreading among soldiers assigned to the Presidio.

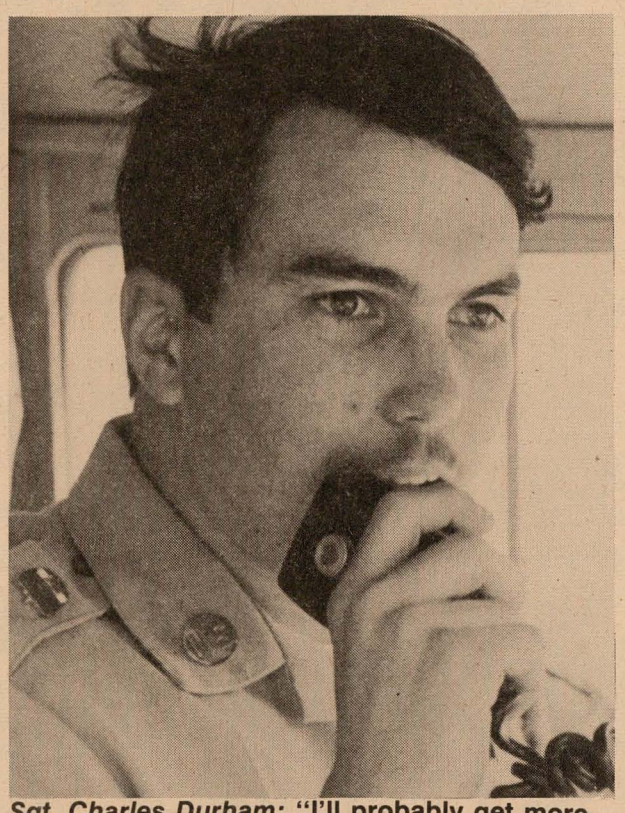
Any Presidio CBer might know that Ramrod and Calamity are the radio "handles" for SSgt. Tony Rockwell and his wife, Nora. They're only two of about 16 people on post who have either mobile units, base units, or both. Switch around the channels of your basic $150 plus CBR, and you might hear "quicksilver" soliciting the "Desert Rat" to rendezvous at some favorite meeting place where "Tommy Kodak" is waiting with the beer.

"It was a neighbor who got me hooked on CBs," said Sp5 Roger Hagedorn of Finance, who owns a mobile set. "Just talking to a voice while driving to and from work is one thing I love about it. There's always a chance you might be able to assist someone when help is needed by relaying a distress message to a base unit. Once I helped relay messages from a boat in distress to a base unit, who in turn contacted the coast guard. There's plenty of satisfaction."

Sp5 Al Muller said he always wanted a CB, so he got one. "Knowing you're not cut off from a communication device is a comfort," said Muller. "CBs are also a great way to meet people after talking to them over the mike."

Most of the short-wave jocks have been on the air for nearly a year. Sgt. Charles Durham is a newby to the wireless communication. He started with a three-channel walkie talkie and later advanced to a mobile unit which he has hanging from the top of his VW bus. "Now that I'm into CB," said the sergeant, "I'll probably keep getting more and more equipment." He said a few of his CB friends have already added home base units to their arsenal of radio equipment.

Although CBs are fun, there is a lack of radio etiquette, says SSgt. Rockwell. "C. W. McCall has a lot to do with the increased emphasis and use of CB radios," says Rockwell, "but with the increase has come a decline in proper radio use. There are getting to be too many radio operators with too few channels (only 23). There are times when several CB operators are trying to talk at the same time on the same channel. Many become discourteous. This tends to make it difficult to get a needed message across." Rockwell mentioned that persons operating CBs are required to obtain an FCC license. But, he added, it is not required to have one in order to buy a radio. He thinks nearly 30 percent of CB operators are unlicensed. They have no proper call letters, which is mandatory through FCC rules. The ones with just handles such as "running dog" and "catfisher" are considered "bootlegger" operators. They use channel frequencies not often regulated or listened to by the FCC. He said that he uses the radio only when necessary. That's the only time a radio should ever be used, he added.



***Sgt. Charles Durham:* "I'll probably get more and more equipment."**

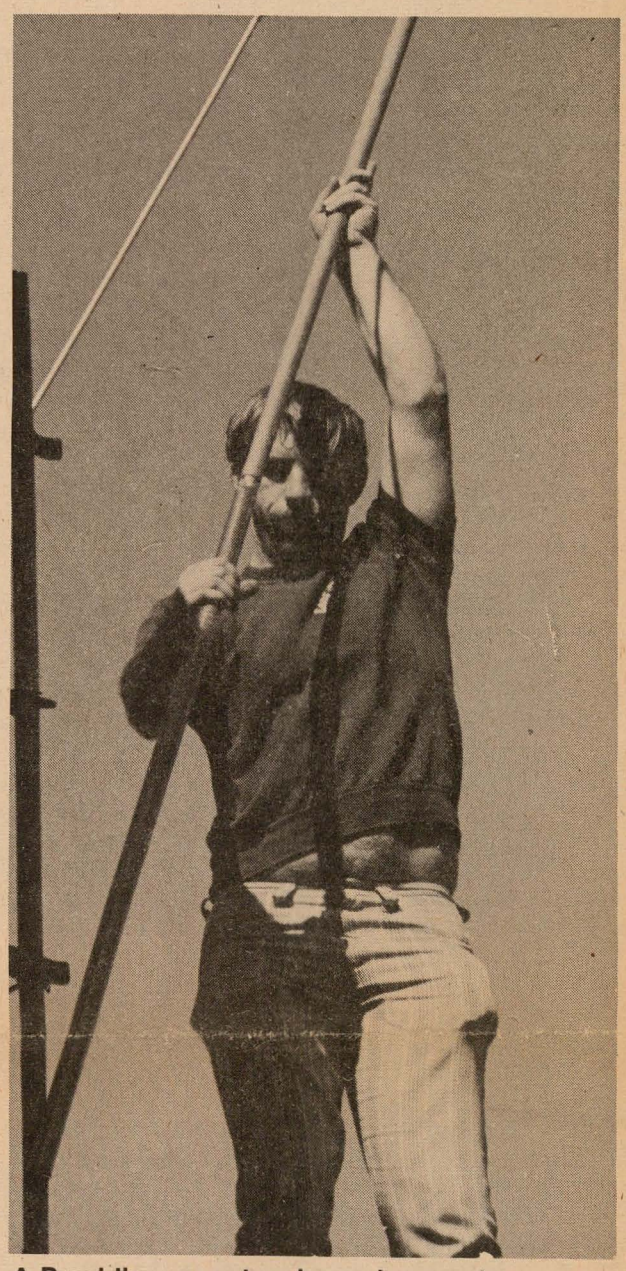
CB communication is usually, or should be, "shorthand." The use of the "10 series", a table of numbers that stand for a certain message, should be used to shorten air time. An example is "What is your 10-20?", which means where are you located. And just about anyone, whether they have a CB or not, is familiar with 10-4 which means message received and understood. When radios are properly used, messages that would take up a lot of air time are concised to numbers. Rockwell says that bootlegger CBers sometimes make up their own logos which tends to frustrate proper users of the CB, not to mention the FCC.

Joining the CB craze is easy. There are 40 types of radios to choose from, with prices ranging from $50 to $600. Obtaining an FCC license is done by sending $4 to FCC, 334 York Street, Gettysburg, Pa. 17325. How long will you have to wait before you become legally on the air? With 200,000 applications a month pouring into the FCC's Amateur and Citizens Division, don't expect it the next day. Before you obtain a license, you'll have homework to do memorizing the rules and regulations of proper CB use.

How, you ask, does improper use of CB sound? "Soldier's Magazine has it something like this: "Weeowwoowheehow 'bout that Dapper Dan, you got your ears ozztweedle Dee, Tweedle Dee, do you read this ol' Tweedle Dum? Commzzdradio check. Break! Break! for radio check! Break! How 'bout a 10-37 fzzt report on Smokey situation south bounzzzt! Break! Break! Breakity, broke. . ."

Nuff said. No 10 series number for that!

Photos by C.D. Steen



A Presidian mounts a home base antenna.

Escort service?

Call the MPs

When a man goes AWOL, he doesn't just miraculously reappear at the time for his trial. Someone has to fetch him.

And that's what the AWOL Escort Teams do. Working out of the PMO, and under the supervision of Staff Sergeant Howard Ratleff, this small section is responsible for escorting military prisoners back to their respective units, or to a military confinement facility to await trial.

The section, composed of two, two-member teams, covers a geographical area of 27 counties on Northern California and 17 counties in the neighboring state of Nevada—a sizable chunk of territory.

They must be doing something right, too. In the past three years, only one prisoner has managed to give them the slip. And even then, he was recaptured a week later.

Staff Sergeant Ratleff, when asked about some of the more common problems a team may encounter, said, "Well, for one thing, despite popular belief and popular TV programs, team members do not carry firearms. Granted, there are times when we do, but then only under previous authorization from the Provost Marshal's Office."

"All team members are Military Police. As such, they receive intensive, rigorous training. Also, we have female members on the team. Some teams are made up of a military policeman and a policewoman."

Does this present any problems?

No. "We feel women are just as qualified, and as capable as the men."

"Most team members are over 21. Since a great deal of traveling must be done by car, one team member must hold a valid driver's license, and rent-a-car companies won't rent to under-21 drivers."

I suppose you do get a lot of volunteers for this job, do you not?

"Some. The majority of them are handpicked and recommended by their platoon sergeant. Once selected they pull duty as a team member for 30 days. After that, they go back to their platoons."

"You know, some teams will come and ask to exchange assignments to a different place."

"You mean they would like to go to a place like Reno, Nevada, Lake Tahoe?"

"Precisely the opposite. Seems a team member had gone to Reno and lost all his money at the tables. He's not anxious to return."

.Hot Flash. . .Hot

The secret eye

A gathering of people and events under the watchful SP typewriter

By Eve S. Dropper

More strange happenings on post, from the raving reporter.

Helpful hint: if you need to go to the Commissary, try to wait until Wednesday or Thursday. Saturday in that place is unreal! You can wait in line longer than it takes to shop.

First Sergeant McDowell of the 170th is having a permanent change of station to Germany! Enjoy the brew.

The 170th is losing SFC Joe Russell. But, don't get excited troops! He's only moving to the 163rd as First Sergeant. Congrats on the move, sarge!

Although the 227th Medical Detachment wasn't too excited about the public notice of their IG, they did come through satisfactorily. Glad to know you are keeping a clean house, men.

The 16th BPO has done some bragging on their high level of morale. We will have to look into this. . .later. Anyone for an inter-unit morale contest?

A big hi to Privates Roger Rogers (he didn't have too difficult a time with his name, huh?), Bruce Anderson, James Sanders, Ricky Labitoria, Robert Both, Michael Rau and SP/4 Jesus Meno who have joined D Co. 864th. Maybe you can get them on your ball team, fellows.

The 2nd Platoon of D Co. 864th is out this week doing their field training. UGH! But, then, war is heck, right guys?

A film crew recently left LAMC where they were filming the 91C students (91C is the clinical specialist school.) The crew was from the Home Town News Center and plans to release the film to the public media as an Army blurb. . ."This is today's Army" type thing. Ever thought you'd join the Army and become a movie star, 91C's?

The 504th welcomes a new platoon leader. Lt. Paul Masterson will be working with the 170th MP. This is his first officer assignment. Good luck, lieutenant.

Major Joseph Koonin will be leaving the 504th after three years. He's going to 6th Army Headquarters, here. Glad you're still around, sir. Hope you are.

Last Saturday marked the 35th birthday of the 504th. The MPs celebrated with an Organizational Day held at the Ft. Scott Parade Field. Heard it was a lot of fun.

If you have a handicapped child, Army Community Service has a list of summer camps available in San Francisco which are for children with various types of handicaps and will do their best to find a camp that meets the special needs of your child. For more info call the ACS Center, Bldg. 913, at 5057/5155.

The Main Post Library will be open on Sundays from 12 noon to 7p.m. Monday, Tuesday CLOSED; Wednesday—12 noon to 9p.m. and Thursday through Saturday—12 noon until 7p.m.

Till next week, take and take and keep on whatever.



Star Presidian

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Colonel Warren J. Lodge, commander
Major Michael J. Williams, public affairs officer
Sp4 David M. Ruff, editor
Sp4 Carol Cronin, reporter
SP4 Robyn Sherwood, reporter



Photo by A. C. Reyes

Post CSM sends thanks

Post Command Sergeant Major Hodges wishes to express his personal thanks to all participants of the Armed Forces Day parade. "After witnessing the parade," CSM Hodges says, "I was proud of being part of a corps of true professionals."

$25 to poster winner

Could you use twenty-five dollars? That, plus a three-day pass will go to the winner of the Energy Conservation poster contest. Posters must not be bigger than 12 by 16 inches, in black and white. The deadline is June 7, '76. Get your pencils out and plug away. For more information contact Mr. Prugh, DIO, phone 2740.

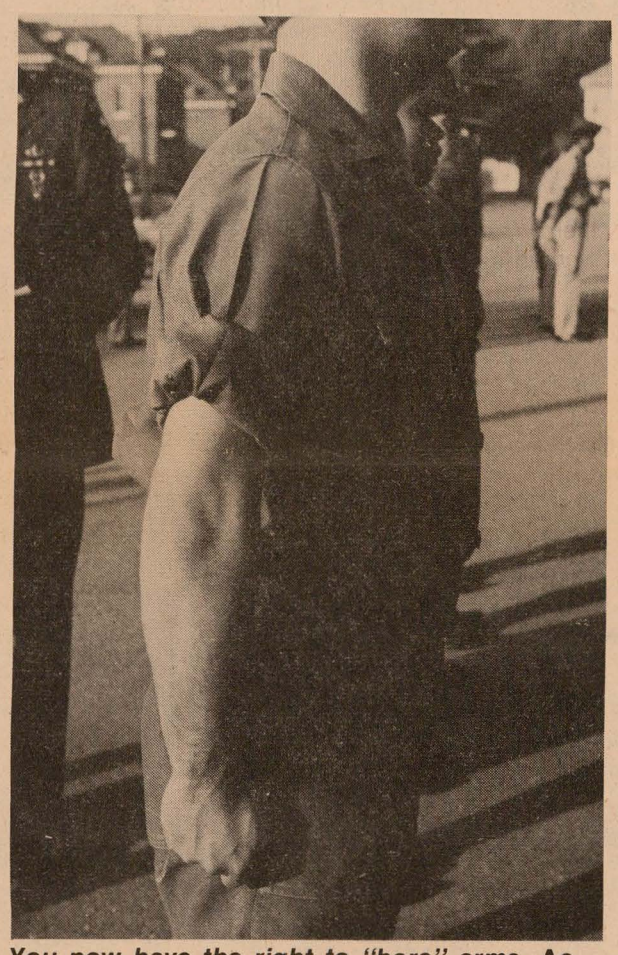


Photo by A. C. Reyes

You now have the right to "bare" arms. **According to command sources, the sleeves in the utility uniform should be rolled up to coincide with the wearing of the optional summer uniform.**

Military pay raise reallocation sought

—A DoD legislative proposal recently submitted to Congress would direct a larger part of future pay rasies be placed in non-taxable allowances.

Under the proposal, basic allowance for quarters (BAQ) would increase at a faster pace than basic pay since a portion of future basic pay raises would go into BAQ. About 25 per cent of the expected basic pay increase would be reallocated to BAQ.

The effect of this proposal on the cash pay of those living on the economy will be negligible since they simply will receive more of their raise in BAQ. Those living in family quarters would experience an increase in their effective "rent", they would have less of an advantage over members living offpost. The aim of the reallocation proposal is to bring BAQ and BAS into better alignment with actual costs of housing and food, officials say. (ANF)

PCS mileage hike expected

The permanent change of station (PCS) mileage allowance for soldiers is expected to increase from 8 cents to 10 cents later this year, according to DA officials.

The mileage allowance for dependents will not change and a ceiling of 21 cents per mile will be imposed on the total amount received for dependents. Currently, dependents 12 years of age or older receive 7 cents per mile while dependents between 2 and 12 years of age receive 3.5 cents per mile.

Thus the max mileage allowance a soldier could get on a PCS move would be 31 cents per mile—10 cents for himself and 21 for dependents.

The changes have been proposed by the Office of the secretary of Defense (OSD) and are expected to be become effective on Oct. 1 or when the FY 77 Appropriation Bill is enacted. OSC proposed the changes to help servicemembers meet the increasing costs of PCS moves.

MP's help guard Central Magazine

Starting in June, Military Police personnel will start pulling guard duty at Central Magazine, for one week out of the month, according to Command Sergeant Major James Hodges, Jr. This announcement, made at the latest NCO meeting, at the NCO/EM Club caused a ripple of hushed conversations and speculations.

SFC McGinley, 504th Operation Sgt, when asked to comment on the announcement, merely said, "At this time, it would be extremely difficult to assess the impact on our operations. We'll have to wait and see." Steve Forgerson, an Assistant Platoon Sergeant, from the 402nd, was asked his views, "I think it is only fair. As with any fatigue detail, I think everybody should pull his fair share."

And from a member of the 864th Engineers, SP5 Andy Reids, "That is the best piece of news I have heard yet!"

Da Mail

Dear editor:

You'd be surprised what a little confidence can do for your figure. I was overweight, a high school dropout, I didn't know anything, people ignored me. And then. . .

My life changed. What can I say? In just a few months I lost almost 20 pounds, got a high school equivalency certificate and found out I wasn't nearly as dumb as I thought. All this came about through a simple visit to the post education center.

I don't know exactly why I went up there. I think I felt I needed something in my life. But the workers were most encouraging. I know they're paid to encourage people, but it's a boost to your ego when someone actually takes an interest in what you do and say. With their help, I got the confidence to go on a diet, get my GED and submit several articles to magazines. One of them has been held for publication.

In any case, Army wives, if you're fat, bored and ignored, I can only recommend that you put on your shoes, get a pencil or two and go down to the education center to see what they've got.

Name. . .

Dear Editor:

For most of us here at the Presidio, May 19th slipped by as just another day. Its historical importance is lost to the average American, and more importantly, to most Black people. This is ironic, considering that on that day one of the most dynamic men in Black history was born—El-Hajj Malik El Shabazz, Malcolm X.

To fully understand what this man was attempting to accomplish, we must go beyond the negative images society has put upon him. The media, in order to sell papers, emphasized the sensationalistic, hatemonger image that Malcolm X acquired during his years with the Nation of Islam.

Beyond this image, you will find a gentle, sensitive and highly religious person. He was a man fighting for the humanity of his people. When he tried to put America on trial before the U.N. Assemblage for crimes against Black humanity, he made millions of Americans aware for the first time of the rising minority in their midst.

Beyond this image, you will find a gentle, sensitive and highly

So now you know, if you had forgotten before. May 19 was Malcolm's day. I know he would appreciate the knowledge that his brothers and sisters of all races had not forgotten him.

PFC Donald Johnson

First assigned to STRAF unit

MPs boast woman XO

By Robyn Sherwood

Women' lib is not all 'Maude' and macho bra burners. She may not call herself a feminist, but Major Carolyn H. Cain has built her Army career in what was once a totally male field.

In the role of Executive Officer of the 504th Military Police Battalion, she is responsible for the headquarters staff. In taking care of day-to-day administrative problems, she copes with a 'man's' world quite adroitly.



Photo by A. C. Reyes

"I believe I'm the only female field grade officer assigned to a STRAF (Strategic Army Forces) unit. There may be some female provost marshals and deputy provost marshals in the Army, but I don't know where they're assigned. This is the most interesting job I've had in the Army—20 years in September."

Prior to July 1, 1974, most women officers were assigned to the WAC branch and performed in all duties.

"I moved from branch to branch. I worked most with the signal corps and AG in administrative and personnel management positions.

"When all women officers were detailed from the WAC branch to other branches on July 1, 1974, I selected the MP branch because I felt it performed a vital role to which I could make a professional contribution. I didn't arrive here, though, until January this year.

"Initially I believe both the principle staff officers and myself were apprehensive about my assignment. For them, this would be their first time working for a woman, and me, because this was my first MP assignment and my first association with a STRAF unit. But, it didn't take us very long to adjust and I'm very pleased with my association with the battalion."

Major Cain explained this change in attitude:

"I've always had to more than just succeed. I've had to do a better job than a man in order to be considered even average. When I reported to a new job, I used to feel that I was not accepted on my military record but had to earn my way from the bottom up each time. That attitude is changing in the Army today. I used to accept this behavior as inevitable, but it was frustrating at times.

"Ten years ago I was satisfied with the status quo of women. Now that we're allowed to do more I find my aspirations have increased and I'm no longer satisfied. I feel that we should be given the opportunity to go wherever our talents take us."

During the period of 1972-74, Major Cain was the XO of an all WAC basic training battalion. During this time she had the experience of integrating men into the all-female battalion.

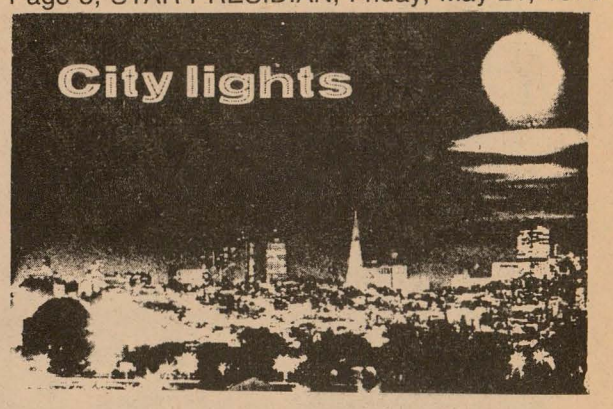
"My battalion had the first male drill sergeant, first male first sergeant and first male sergeant major. When I left, 10 percent of the cadre were men.

I have found that the way to handle problems unique to men is not to appoint senior male advisors, but to train the unit commander to handle the problems of male personnel as they would females.

"My policy on female matters is that I'm willing to offer the unit commander and staff officers all the advice I possibly can. But I will not do their jobs for them. They must learn to handle problems unique to women just as I must handle problems unique to men.

"There aren't really any problems in field training. Women are somewhat behind because basic training wasn't as 'soldier' oriented as it should be for them to perform their jobs today, but they're certainly willing and they do a good job of catch-up.

"Although women still can't be assigned to combat units, I believe this will eventually change and HAS to change. At this point I believe that we need to move towards total integration, but slowly."



Friday, May 21, the Avenue Photoplay will feature two oldie movies, beginning at 8:30p.m. Admission is $2.00.

College—stars Buster Keaton and Florence Turner. To win back his girl, the non-athletic Buster goes out for one sport after another with one disaster after another. Chump at Oxford: Laurel and Hardy and Jimmy Finlayson star in one of the last great comedies the team made as two street cleaners who are sent to Oxford University to further their education.

Rosa Montoya, the renowned dancer from Spain, and her company Ballet Flamenco, will appear at the Dance Spectrum Center, 3221-22nd St. (corner of Mission) on May 21 and 22. Admission is $4.00.

A dance, featuring the Black Magic Combo, will be held on Saturday, May 22, at 9p.m. in the Presidio Recreation Center. No charge.

Then on Sunday, May 23rd, a chartered bus will take a tour to the Napa Valley Wine Country. Leaving at 9a.m., this all day tour will feature a few of the most famous wineries in the U. S. Call ext. 2000 for reservations. No charge.

The San Francisco Twin Bicentennial Exposition of Science and Industry will begin May 26 and last through June 6 at Pier 2, Fort Mason, Laguna and Beach Streets.

"America Dreams On. . ." science and industry fair dealing with American values presented by the California Museum of Science and Industry at Pier 2, Fort Mason, Golden Gate National Recreational Area900

"America Dreams On. . ." science and industry fair dealing with American values presented by the California Museum of Science and Industry at Pier 2, Fort Mason, Golden Gate National Recreational Area will run May 27 through June 6.

The Exploratorium will feature Dave Alexander, Blues/Jazz pianist May 26, from 8 to 9p.m.

The PSF Theater is bringing Ken Kesey's "One Flew Over the Cuckoo's Nest" May 30, 31, and June 1. The film stars Jack Nicholson and Louise Fletcher. It is a multiple Oscar winner. Rating is 'R'.

Slim living program

Ramblin' Sam

How would you improve the Post?



PFC Jojo Dizon, Admin Specialist: I think the guard duty roster and all the other details should be shared by everyone eligible.



MSG Earl Popplewell, DIO: A consolidated roster for all the fatigue details would be a good place to start. In that way, all units, large or small would more equitably share the load.



SP4 Steve Brazeau, Supply Division: I think that notification for MO Test should be at least a month in advance. I am supposed to take it Thursday and I just got notified yesterday.



SGT Ida Gordon, Asst Section Chief, 504th MP Bn: Everything around the post seems to be geared to civilians. If this is a military post, perhaps a rearrangement of our priorities is in order.

Getting out? Check this

Should I get out or stay in? The question may be answered more easily if individuals knew that prior servicemen are finding it extremely difficult to reenlist after a break in service.

In the past year, many new requirements for reentry into the service have been established. Examples are:

—Prior service applicants must enlist for a minimum term of four years.

—Male applicants must be in mental category III or above.

—They must be a high school graduate with scores of 90 or above in three or more areas of the Army Classification Battery.

Applicants for reenlistment cannot obtain a waiver if they were separated from the Army after 1 July 1975 with one of these disqualifications:

—If during the last term of service the individual had more than 15 days AWOL or lost time.

—Persons with general courts martial convictions. Persons with one or more special or summary courts conviction require a waiver by the commander of the Military Personnel Center.

—A primary Military Occupational Specialty (MOS) score of 69 or below.

It is getting nearly impossible for prior servicemen to reenter the Army. Can you afford to toss aside your Army career? Do you have a job lined up in the civilian market? It's up to you to decide, but decide now and be sure of your decision. What do you want to make of your future?

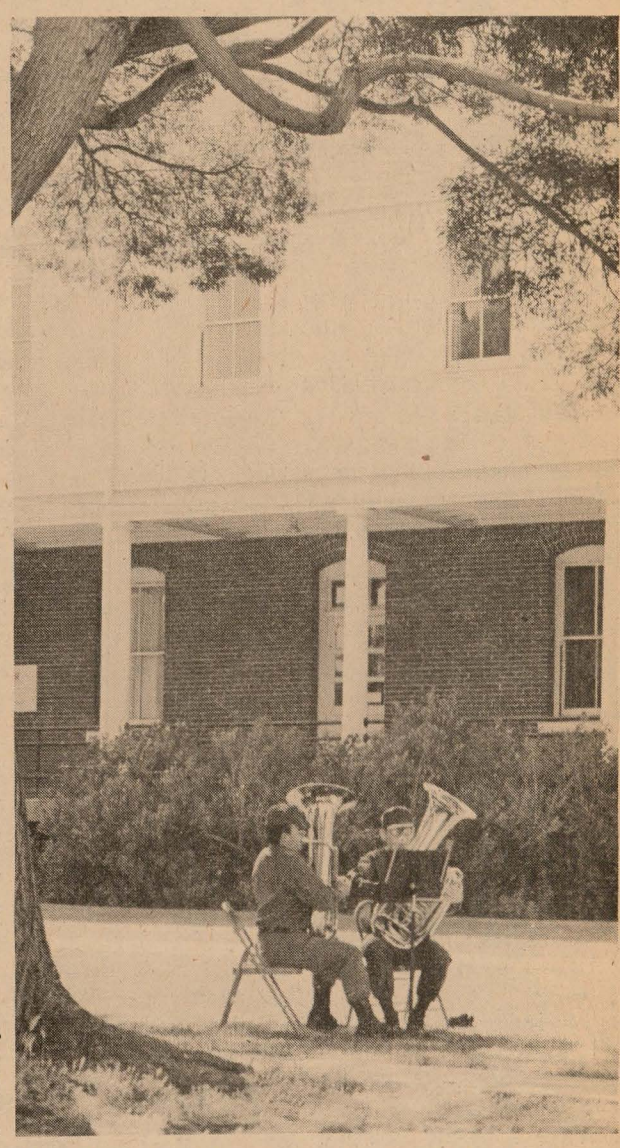


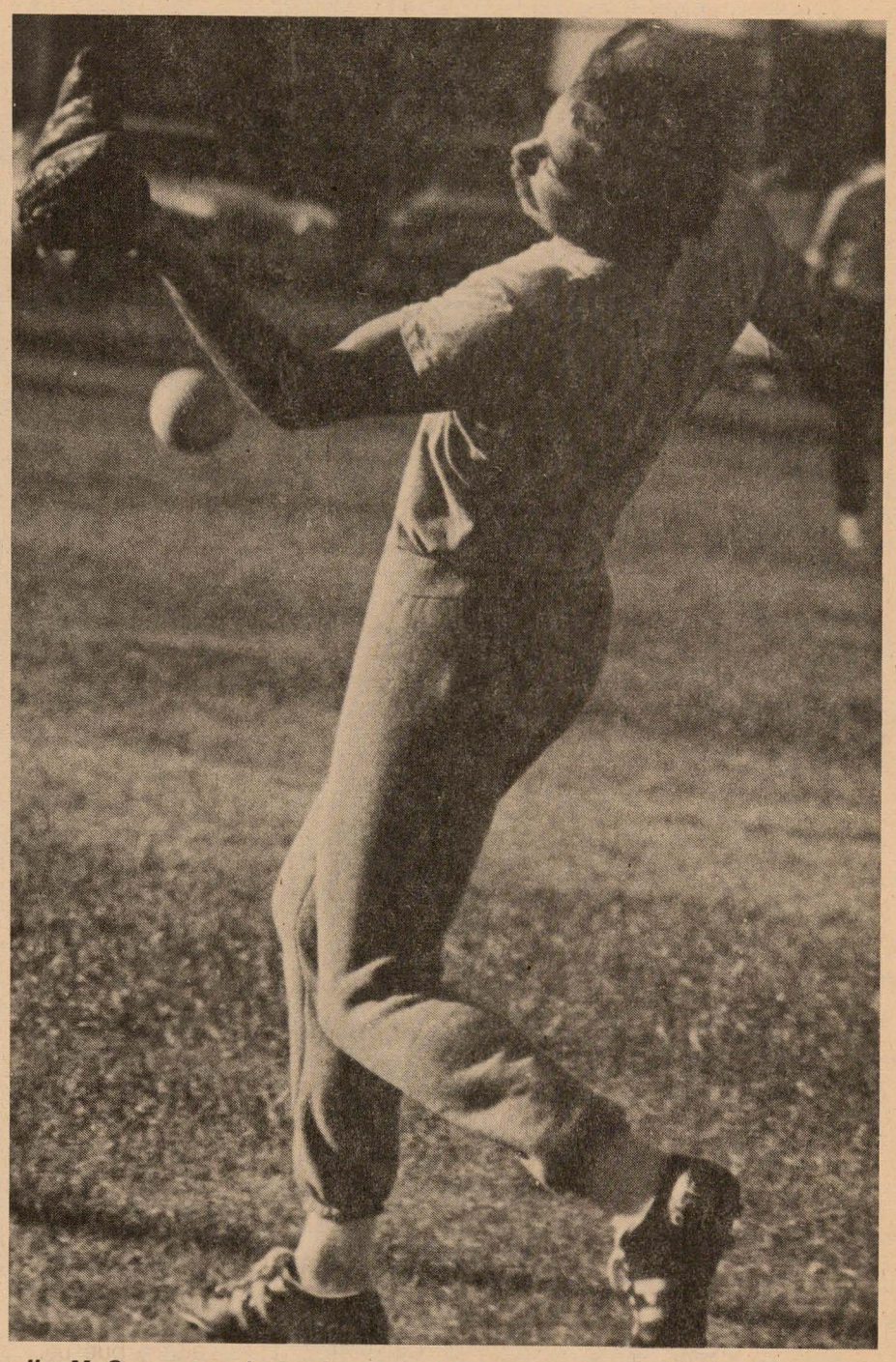
Photo by A. C. Reyes

***Deciding to take advantage of the balmy weather,* Specialists Kevin Smith (glasses), and Harvey Stackpole limber up their lips under a shady tree. "Actually," Smith said, "it's too noisy in there," pointing in the direction of the band building. The men are assigned to the 6th U.S. Army Band.**

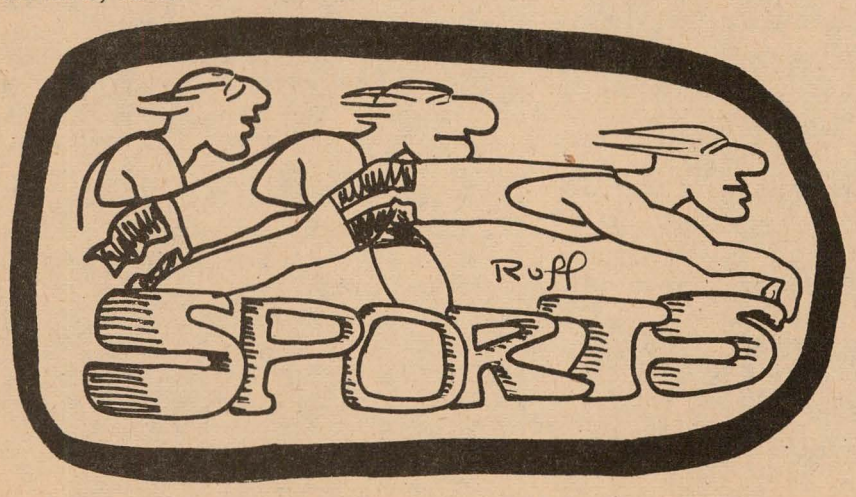


Cheering spectators for the USAG team **were silenced later, as Garrison lost to the 402nd MPs, 10-9.**

Photos by C.D. Steen



Jim McCammon missing **his flyball didn't hurt the team, 504th MP Bn, as they whipped the 16th BPO, 15-4.**



Intramural slow-pitch softball

USAG was handed their first loss Tuesday afternoon as the 402nd MP Company rallied for five runs in the bottom of the seventh for a 9-10 win. "They just outplayed us offensively and defensively," said one USAG player. Could the 402nd's doing PT before the game have something to do with it?

The 504th MP Bn showed the 16th BPO who was boss the same afternoon as they cancelled the postmen, 15-4.

Post team flattens pizzas

It seems it's the big inning that saves the post softball team from their first season loss. Playing a pizza gang from somewhere downtown, May 13, post found themselves five runs down going into the third. But, as always, post team members started getting aggravated at each other for errors, or bad hitting, and began taking it out on their opponenets. Slam-bang hitting started a third inning rally that threatened to go all night. The pizza people wondered if they would ever make another mushroom special. When the fireworks were over in the inning, post knocked in 18 runs. When the game was fini post had it in the bag, 19-7.

North Beach tamed LAMC later that night, 13-10. It was LAMC's first loss.



Winning runners

Jim Nuccio, a civilian working in the Ross Support Fund, computer room, finished second in the 7.6 mile Bay Breaker long-distance race, Sunday. He was 15 seconds behind Australia's Chris Wardlow, who won the annual race with a 37.28 time. Over 6,000 people ran the cross city race that went from the Ferry Building on the Embarcadero, to Ocean Beach.

Bob Darling, who works in the post gym, came in 60th, with Lair's Jim Moore finishing 180th. Billy Moore, John Feagin, and Jim Valentine were other known finishers. Several Presidians were entered in the race, but it wasn't reported how many.

Wildlife given land

A major step in the creation of the new San Pablo Bay State Wildlife Preserve was completed May 12, with the signing of a 66-year lease to a 10,000-acre tract by Kenneth Cory, chairman of the State Lands Commission and Charles Fullerton, director of the Department of Fish and Game at a public ceremony.

The signing ceremony took place on a knoll overlooking the area located three miles east of the Marin Civic Center and within driving distance from the Presidio.

The area of tidal marshes, mudflats, sloughs, and shallow water extends approximately six miles along the shore between Gallinas Creek and Novato Creek. It extends about four miles out into the bay at its widest point.

The land tract is an important feeding and nursery area for a variety of marine fishes, including striped bass, king and silver salmon, American shad, and sturgeon. During the winter, it is a resting an feeding place for large numbers of waterfowl, principally canvasback ducks. It is also the home of four species of rare or endangered wildlife, the California clapper rail, the black rail, the California brown pelican, and the salt marsh harvest mouse.

The new State Wildlife Area is bordered on the northeast by a proposed Federal Wildlife Refuge, and on the southwest by a 1,476-acre tract which is proposed for a new state park. A management plan will be developed for the area which will provide for protection of wildlife values and compatible public use.

Lake Tahoe get-away

Join the Central YMCA as we get away and relax near Lake Tahoe on Memorial Day weekend, May 28-31. Reside in a plush cabin near the woods, visit the hot springs and the casinos, or just do your own thing. Food, transportation, lodging, and admission to the hot springs provided.

Women's team

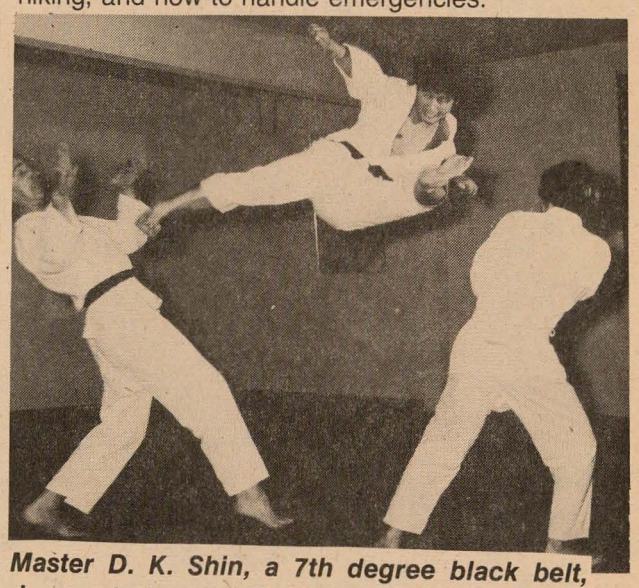
All women between the ages of 12 and 18 who are interested in organizing a Presidio Softball Team are requested to contact the Youth Activities Director, telephone: 5141/3637. Volunteers are also needed to help coach this team.

Sailing class

The San Francisco Central YMCA, 220 Golden Gate Avenue, is offering a sailing class consisting of an evening of theory on Friday, May 28, from 7-9:30p.m., followed by a day on the Bay Saturday, May 29. Since numbers are limited, early registration is required. For further details call Central YMCA: 885-0460.

Backpacking technique

The Central YMCA is offering a backpacking technique class for inexperienced backpackers. The 3-week course will begin on Thursday, May 27, from 7-9:00p.m. Items to be covered include proper equipment, how and where to set up camp, trail and off-trail hiking, and how to handle emergencies.



Master D. K. Shin, a 7th degree black belt, **demonstrates the Flying Scissor kick, a Tae Kwon Do technique used in dealing with two opponents.**

Martial arts demo set

There will be a FREE Tae Kwon Do/Hapkido demonstration on Wednesday evening May 26, at the LAMC gym by Master D. K. Shin, a 7th degree black belt from Korea.

Master Shin is the former head instructor of the Tiger Division and Jungle Ranger School in Viet Nam.

The demonstration will begin at 5:30p.m. All personnel are invited to attend this exciting event. Who knows, this may be the alternative lifestyle you've been searching for.

For more information or answers to your questions, please contact Lt. John Swegart 2662/2485.

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Backpacking: The trials of the trail

By Carol Cronin

The temperature is rising in the mountains and backcountry and a mass of summer backpackers is checking its equipment and eyeing the wilderness trails hungrily.

If you've ever considered sorting out the essentials, throwing them over your shoulder, and joining the getting-away-from-it-all throng, summer's a fairly good time to begin. You'll need the least equipment, and the weather is at its most inviting.

But whether you succeed in getting away from it all, depends on what "it" is, and how far you're willing to go to escape it. Your first wilderness evening could vary anywhere between lounging at twilight beside a campfire on the edge of a small, silent sapphire lake hidden at the top of a rugged peak, to battling soggy ground, mosquitoes and overly-helpful boy scouts from the next campsite, while beginning your fifth try on setting up your new tent that "cost more but was worth it because it could be easily erected."

If you really need to be alone, plan your time and trail well in advance. Avoid the most popular trails in national parks such as Yellowstone, which, although the area is incredibly beautiful, can approach rush hour traffic conditions. These popular trails also often require advance reservations of several months to be assured a backpacking permit.

By packing in the spring you are ahead of much of the crowd, the streams and waterfalls are at their most impressive, the midday heat is welcome instead of sweltering, and you are ahead of the insects. However, the nights are still extremely cold (depending on the altitude), and most importantly, you take the chance of being caught by a spring storm.

If you're trying to escape the complexity and materialism of our culture, beware of getting tied down by the increasingly elaborate line of backpacking equipment. With the rapid increase in backpacking, everyone's trying to cash in by developing lighter and better quality equipment and food. Some of it really is necessary and handy, but the rest consists of traps for the avid beginner with money to spend.



Photo by A. C. Reyes

Some of the inexpensive boxed instant noodle or rice dinners found in grocery stores can be substituted for the more expensive freeze-dried dinners purchased in backpacking shops. Carton soups, powder drinks, and munchies can also be found in a grocery store for much less than in the exclusive outdoors shops. However, the length of your trip is important. When you have to carry two weeks of food on your back, each ounce and inch of space matters, so the freeze-dried dinners may be worth the extra money.

Boots are a primary concern when heading for the trail and there is more to consider than that they leave a "wafflestomper" footprint to mark your passing. They should come above the ankle for support, but not much higher or your feet can't breathe and calf circulation is restricted. If you'll be hiking on rocks the sole of the boot must protect your feet from bruises and the soles and heels must be slip proof.

Fiberfill has joined down as a popular insulation for sleeping bags. Although down is still the best insulator per weight, and is lighter and more compressable, fiberfill has the advantage of retaining its insulative qualities while wet, whereas down becomes useless.

For the average backpacker a three quarter backpack is sufficient. The full pack should be used only for people used to heavy loads for a prolonged period. The smaller pack will hold everything the average backpacker needs for a week. Getting a frame that fits you is as important as the pack itself. Try on several different types and if possible, try them out on the trail.

Your decision concerning shelter can vary greatly. During the summer you might get away without a tent or any shelter other than the trees or an overhanging cliff. But the insurance of at least a tube tent, which costs only a few dollars, is advisable. This is a plastic tube that you set up between two trees by slipping a rope through the length, and form the floor by the width of your body instead of pegs or stakes.

For several people, a sheet of lightweight plastic or nylon can form a versatile and inexpensive shelter. However, if you want something warmer or insect proof, you'll have to go to the tent. These vary depending on the terrain and climate you'll be hiking in, and the weight you're willing to carry. For backpacking, the tent must be nylon, and to insure a really water repellent tent, a fly is necessary. Also check for adequate cross ventilation for warm summer nights.

So what are you waiting for? Go take a hike!

Puzzle palace reports

The Defense Manpower Commission recently presented a report to the President and Congress outlining ways to improve the armed forces. The report is the work of two years study and is in the form of a 518 page report that was made public April 19, 1976.

The seven-member panel calls for the "reconstitution" of the draft to allow inductions to begin within 30 days if required. The report says that the Selective Service System has been "emasculated" and that annual draft registration of young men should be renewed.

Concerning military pensions, the Commission recommended that noncombat soldiers be made to serve 30 years to reach retirement eligibility. A soldier can now retire after 20 years service regardless of MOS. Servicemen in combat MOSs should still be allowed to retire after 20 years, says the report.

The Commission also found the Army plan to move to 16 divisions justified, "particularly in the light of the Soviet threat" and says there is an urgent need to give the Navy more muscle, especially in its anti-submarine forces.

Generally, the Commission does not see a chance for reductions in the size of the armed services and warns that "considering the current instability of the international situation, those forces may be inadequate for the future."

t Flash. . .Hot Flas

Summer vet clinic hours

Keep your pets healthy with plenty of tender loving care this summer, because the Presidio Veterinary Clinic will have shortened hours. From June through September the clinic will be open Monday and Thursday mornings, 9a.m. to 11:30a.m., due to a projected shortage of veterinary officers. Patients will be seen on an appointment basis only.



Photo by A. C. Reyes

During the 19th century, the typical woman dressed as SP4 Dianne Griffin portrays. SP Griffin will be wearing this 'uniform,' made by her mother, while performing her duties as a Presidio Tour Guide.

Abalone cook-in

All divers and those interested in diving are invited to come to a free abalone fry Tuesday June 1st at 7p.m. in the diving clubhouse and class room, building 69, directly above the Presidio swimming pool. Following the dinner, elections will be held for club officers for the Conquistadores Del Mar diving club. This club is organized as an activity of the Presidio Outdoor Recreation program, and all Presidio personnel are eligible to join and to enroll in Scuba instruction classes. For club information call Peter Shallish, 5480 (afternoon only).

Beginners and intermediate jewelry class

The second session of this class will begin June 1, every Tuesday and Thursday evening, 6:30-9:30p.m. for four weeks. The class is open to all male and female active duty military, retired military and dependents; however, active duty military will be given priority. Sign-up is required. For class reservation, stop by or call 4497.

FORSCOM musical

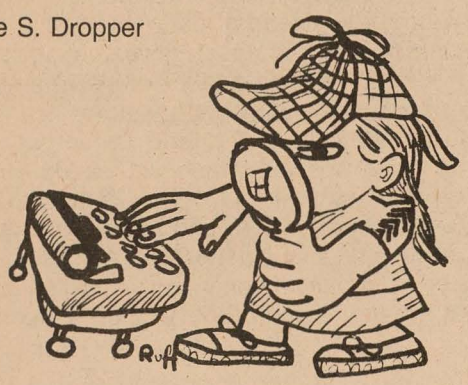
The American soldier's role in shaping our nation will be honored with a multi-media musical presentation. The FORSCOM Bicentennial Pageant, '200 Years of Readiness' will be held downtown at the Grand Ballroom of the Fairmont Hotel at 8 p.m., June 14, 1976. There is no charge for admission, but tickets are required and will be provided by the Public Affairs office.

The PAO office requests you tell them the number of tickets wanted by your unit. When they get this information, a one-time distribution of tickets will be made. Tickets can be obtained by calling 561-2005.

The secret eye

A gathering of people and events under the watchful SP typewriter

By Eve S. Dropper



By Eve S. Dropper

Another week of mad rambling around the Presidio. It always gets to me.

Kolchak, the night stalker, take note: the STAR PRESIDIAN is sponsoring an action photo contest to commence immediately and run until people stop submitting things. (real good time to stop, what?) The rules are simple—if you see something which you think is newsworthy, take a picture of it while it is happening. Then send us the undeveloped negative, a 5" by 7" print or the developed neg, whichever is quickest. The best of all these strange shots will be featured each week in the SP. Oh, yeah, be sure to include the f-stop and ASA numbers. What you see is, click, what you get.

Captain Arthur W. Lamb joined the 504th MP's Tuesday as the new battalion S-2 MI officer. Capt. Lamb came here from Ft. Huachuca's MI Advanced Course. I won't say anything but 'hi' to the Cap'n. I'd hate to feel sheepish later ....

The 170th MP's got an outstanding rating Tuesday when they had their Battalion Commanders Inspection. Good work, guys. It does make me wonder though if the Commanders ever get really burned out on inspections.

SP4 Lonnie D. Palm has departed company with the 16th BPO. And the Army ... 'Bye, Lonnie.

As SP4 Palm left the Army, SP4 Melvin G. Knox got a permanent change of station to Alaska. Keep cool ....

Got a call from a fine Marin County lady, (who reads our paper) Mary Jane Stetson. She says there should be an addition to last week's "CB—Talking to thin air" story. It seems we failed to mention some facts—that channel 9 is reserved for emergency calling; channel 11 is the national legal call channel and 17 is the truckers' channel.

Also, a Mr. Landry of the FCC is willing to conduct group talks on CB clubs to be sure the people are informed of the rules and regulations of the FCC. He doesn't care what type group he talks to—renegades, police, scouts—he just wants the rules to be known. You can find him at the local FCC digs.

If you've applied for a CB license, and it hasn't filtered thru the mail yet, there is a temporary license call number you can use. Use K-ED (your initials)—0101, (the last four numbers of your social security number) and you can start using your CB now instead of sitting around with your mike in your pocket.

Be sure you install your antenna carefully. There have been some electrocutions due to carelessness. Stay away from high voltage, Charlie.

A final note to CB mamas and papas—in Dec. '75, there was an FCC rule change. The caller must identify himself through his call number and handle, but he doesn't have to call number his 'callee.' Till then, 10-4, Rubber Turkey.

Garrison is welcoming a new officer, Lieutenant Sundra Boyd. Lt. Boyd will be DIO Assistant Facilities Officer in plans and operations. She arrived here May 12, with a southern accent like mine, and will make the number of female officers in Garrison a grand total of three. Welcome to the Presidio, ma'am.

The coming Memorial Day weekend will be a time for family outings, picnics, and enjoying life. Don't let carelessness make it a tragic weekend for your family.

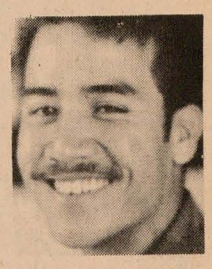
If you like, love or generally admire kids and dogs, the Rec Center is looking for some volunteers to help judge, register and assist in a Kid's Dog Show, to be held June 26.

Back with the CB'ers. Anyone interested in starting a CB Radio Club on the Presidio, contact SP5 Cunha at 668-2667 evenings, or CH12 KS6-0551 (Racoon).

This week was kinda slow for the CPO, 227th Medical Detachment, LAMC and the Education Office. Hope to hear more from you guys next week. Whatever you do, keep on talkin', or I'll be walkin'. Let's try to get some legit gripes from the troops, huh? How else you gonna' get any solutions? Let me hear from ya ....

Ramblin' Sam

What would you most like to do



SP4 Bobby Pelkey, Army Flight Detachment, Me? Other than basketball or anything else, I like to keep 'em flying. Yes, Sir, I like to maintain and work on planes. I find a lot of satisfaction on my job.



SSG Jon Cavaiani. Well, I guess the number one choice would be to initiate a program for the Army on Survival, Evasion, Resistance and Escape. Such a course would prove invaluable in preparing soldiers to better withstand capture and would, I think, improve his or her chances of escape.



1LT. Sundra Boyd, Facilities Officer. I don't know about other people, but my single overiding ambition is to do medical research.



Kathryin Lewis, Administration Clerk. Travel! Definitively, traveling abroad. Having enough money to do it comfortably, staying at the better places, and looking at all those wonderful sights.



PVT Anthony Thomas, ASA, Administration Specialist. I want to ETS. Then finish my education, get a degree, and go out and make a bundle. That would be, no, it is my choice.

Da Mail

Dear Editor:

". . .and that's the way it will be, 200 years from today."

Just how will it be? Will our country be the land of cement and aluminum cans? Will we manage to contaminate every possible area and drug ourselves into nonexistence? Or will we use whatever Bicentennial pride we've gained to carry us through the next 200 years?

For the past two centuries, America has given its people the best of all worlds—freedom, the wealth of free enterprise and natural beauties beyond compare, opportunities for growth such as no other country has ever experienced. America, the land of opportunity.

Heard this before? Sure, and by now you are probably tired of it. But, it's a truth, and one which cannot be uttered enough. Pride is important.

In the Bicentennial year, Americans should carry on the tradition of '76. Americans cannot be proud of endless vistas of garbage on streets and highways. We can't be proud of crime in the streets, apathetic voters, noneducational schools, smog in the air, overpopulation and waste of human and natural resources.

We cannot tolerate the slow death of the beauty that was this country. Our forefathers would not stand for governmental oppression, we should not sit by and watch our nation go to the 'dumps'.

I say, no more garbage! No more smog! Wake up the voters, the students and the courts!

America: You need a little help from your friends!

Star Presidian

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Colonel Warren J. Lodge, commander
Major Michael J. Williams, public affairs officer
Sp4 David M. Ruff, editor
Sp4 Carol Cronin, reporter
SP4 Robyn Sherwood, reporter

All services at Presidio ACS

By Robyn Sherwood

Volunteers for any military purpose are usually from one branch of the service at a time. But, not so with the Army Community Service here.

With the shutdown of Hamilton AFB, almost 1500 families were left without any type of community service. So, the Presidio ACS stepped in to offer any help they could. And in return, the Air Force wives started working with the ACS to help make it a better organization.

Then there was Treasure Island. And the Marine Corps Barracks. And the Coast Guard. . .The ACS here has finally reached the stage where it is involved with all branches of the military. This makes it unique.

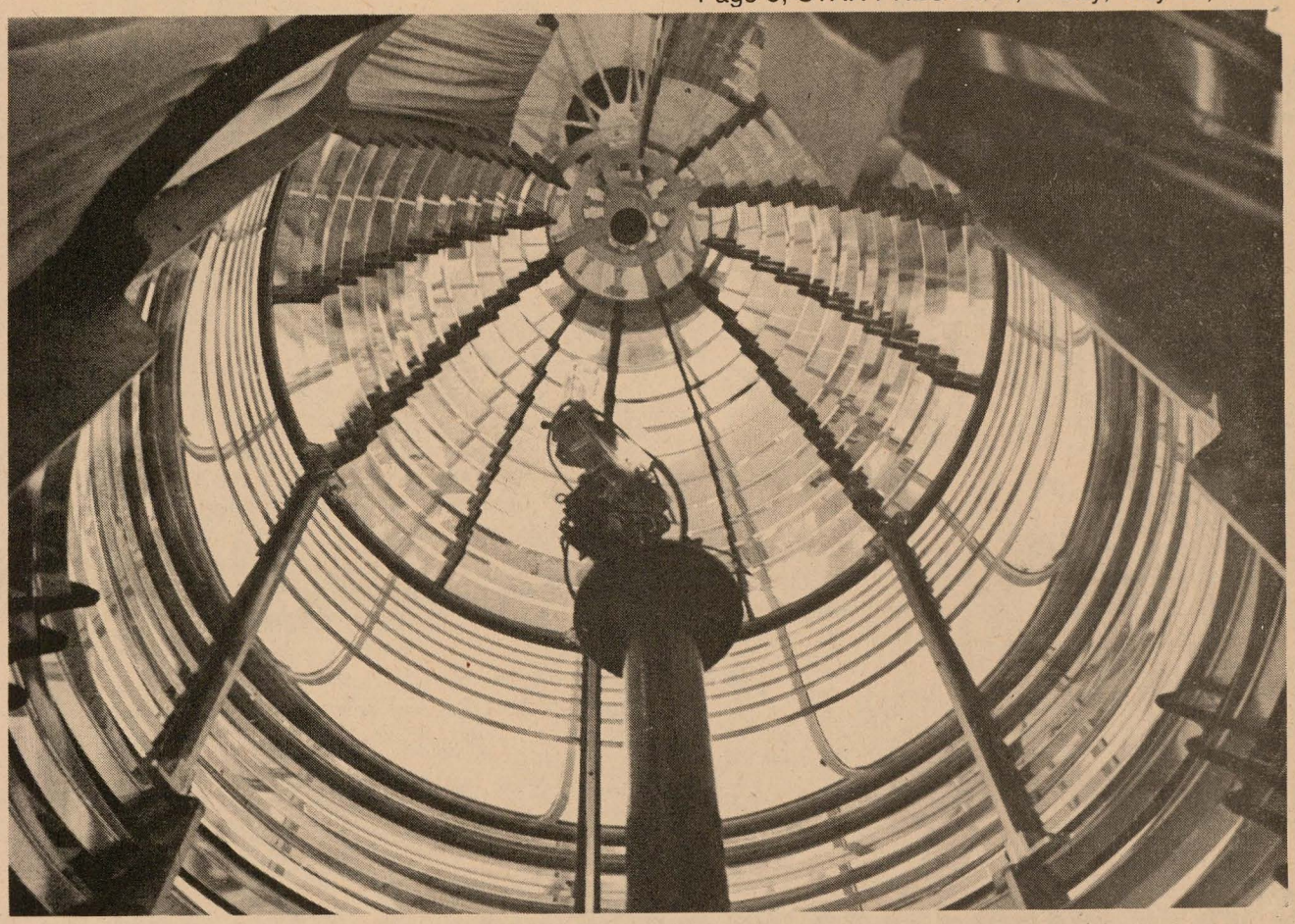
Right now there are about five volunteers from the Navy; one from the Marines; one from the Coast Guard, and about 35 from the Army. With this number growing every day, services are increasing.

ACS works by helping people. Some of the varied services offered are: the loan closet, where you can borrow household items, such as dishes, pots, pans, irons and ironing boards. The nursery provides activities for children. Financial counseling is offered as well as a warm welcome to the Presidio. The ACS also helps in emergencies, in travel or at home, and offers services to the physically or mentally handicapped dependents.

Volunteers don't seem to get a lot of recognition, but recently there was an award ceremony held to commend some of the people who keep the ACS going. With only one military person and four civilian employees on the payroll, the ACS relies mainly on volunteer work.

The 50 hour pin and uniform is awarded upon completion of 50 hours of service. Receiving this award were: Petra Rutherford; Doris Bleich; Margie Davis; Peg Flanagan; Rebecca Kear; Betty Kowalski; Diana Lochridge; Kathleen Loeffler; Phaga Olson; Marion Smith and Kerry Winn.

Other awards were presented to: Judith Avron and Jean Lodge, one year pins; Elisabeth Pesonen, one year pin, 250 hour pin; Irene Rutherford, one year pin, 500 hour pin; Rose Hanson and Estelle Harrelson, one year pin, 50 hour pin, uniform; Martha Stansifer, and Jean Nathaniel, two year pin, 500 hour guard; Ben Franklin, two year pin, 1,000 hour guard; Ellie Baker and Priscilla Ingraham, 3 year pin; Linda Magelky, three year pin, 500 hour award; Connie Haynes and Juana Heacock, three year pin, 1000 hour award; Kay Rochester, four year pin; Mary Lawrence, seven year pin, 2000 hour award; Mary Schuster, 10 year pin and Marge Hills, 11 year pin.



Inside a lighthouse

Photos and story by A. C. Reyes

You park your car, and then walk 7/10 of a mile down a torturous path, unlock a gate to a tunnel, past the signs that warn you of possible ear damage by the foghorn.

Coming out of the tunnel, you blink your eyes trying to adjust to the bright sunlight. The path levels, and looking down, the rocks being battered by the sea below, you are struck by the utter isolation of the place, made more acute by the plaintive cry of the seagulls....

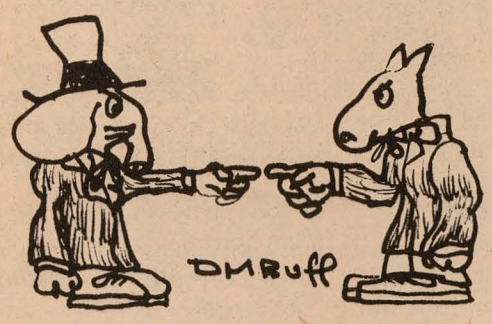
You walk across a wooden suspension bridge, an almost perfect miniature of the longer Golden Gate bridge. And there it is ... a welcome beacon, a guiding finger of light.

This small, automated lighthouse beams its welcome across the waters from the Marin headlands, helping assure the safety of ships coming into the bay.



Doing the campaign boogie

How to get elected



by Frank Noto

The most important job in the world will be filled on January 20, 1977. One American will have travelled for at least two full years (almost always more) on the difficult trail to the Presidency.

Choosing a President is a complicated and confusing process in which voters seldom become involved until Election Day (if then). And we don't have anyone to blame but ourselves. Let's follow the Campaign trail and see why.

The candidate for the Presidency must first win the nomination of his party at its National Convention. He or she does this by winning the support of delegates to the Convention chosen either in the primaries or the conventions of the separate states. After the National Conventions (July for Democrats and August for Republicans), nominees of each party compete for the voters' favor on Election Day (Nov. 2 this year).

The winner of the majority of Electoral College votes will be the next President.

Primaries allow the voters to choose their candidate in an election. Some state primaries allow the voters to choose the candidate directly, while others list delegates committed to a candidate (or totally uncommitted and therefore free to choose later.

In a state convention, also known as a state caucus, registered voters gather together in local meetings to choose delegates to district and state conventions. At these later conventions the state's National Convention delegates are chosen.

The Electoral College actually elects the President. When Californians voted for LBJ in 1964, for example, they actually voted for members of the Electoral College who in turn were obligated to vote for him. The Electoral College votes by states, so all the victorious electors in a State vote for the presidential nominee who captures the most popular votes in that state. It's winner take all, no matter how close the vote in that state.

The presidential selection process is long and complex, but highly effective. Long before the first primary elections in February, the candidates began to travel around the country discussing the issues, raising money, winning friends, building campaign organizations.

This year among the Democrats, more than 15 candidates began to seriously seek the nomination. We voters were offered a wide range of viewpoints and personalities to choose from. At each step of the way, the weeding-out continues: one candidate was eliminated because of unpopular stands on certain issues, another because of public doubt and concern with his ethics, another still because his lackluster campaign style failed to generate any enthusiasm. Gradually, the list shrinks and only the strongest candidates emerge as possibilities.

Our peculiarly American way of choosing leaders has many strong points. It sifts out the extremists, the lazy, and the demogogues, and gives us the competent and the moderate. In times of crisis in particular, our process has been brilliant, producing strong leaders like Roosevelt, Lincoln and Truman. And even our worst presidents look very good indeed when compared with foreign national leaders like Stalin, George III, and Hitler.

Part of the reason is that the close scrutiny of the press and the long campaign trail give us ample time and means to examine the candidates and the issues, and to participate in the election process. This process is not static. Changes often occur. Recent improvements in campaign finance laws have made the political system less open to control by rich and wealthy special interests. Candidates are limited to about $12 million in spending before the National Conventions, and each party's candidate can only spend $22 million for the general election (compared to $50 million by Mr. Nixon in 1972). Individual persons can only give $1,000 to a candidate in each election, and small contributions under $50 are matched by a Federal Government Fund.

The American people have control over the process to a greater extent than ever before or anywhere else. No armies dictate our choice, no group of rich men can buy the election, no politicians acting alone in smoke-filled rooms can decide for us. We discuss, we study, we help campaign, we contribute, and above all we vote. So go do it!

EDITOR'S NOTE: The California Primary Election is June 8. If you vote out of state, or want to start, see your Unit Voting Officer for more details.

SP surveys unwary Presidians



By Frank Noto

Has anyone seen an Opinion Survey? We recently sent a questionnaire about the Star Presidian to computer-selected military and civilian Presidians in hopes of learning what the people want in their newspaper. We also asked questions designed to give us a statistical idea of the background of our readers.

The questions were mostly in a multiple choice format, with a section for comments at the end. The comments were generally constructive, and many were highly complimentary.

Some, however, were more humorous. We thought we'd like to share a few:

Question 32 asked the reader to indicate "Sex: A. Male, B. Female." One reader refused to answer and instead scribbled "Sex is immaterial." We don't think much of his opinion. Another reader wrote: "Sex: Yes, three times a week." But the most puzzling answer came from the several readers who circled both Male and Female!

Question 31 asked the respondent to indicate his Race Ethnic Group. The choices were: '. Asian-American; B. Black; C. Caucasian; D. Spanish-American; and E. Other. One woman circled "Other" and wrote in "Irish." Another reader looked over the answers and decided he wasn't any of the above, so he wrote in "White American." Back to the dictionary, dude.

Yet another was written in response to a question about what types of activities should receive more emphasis in the STAR PRESIDIAN: "Everything." We are considering whether to put out a Star Presidian Encyclopedia next month.

One survey came back completely filled out, including questions asking: "How much of the Star Presidian do you read?" (he said "most of the articles") and "How good a job do you think the STAR PRESIDIAN is doing?" ("Somewhat good"). In the Comments section at the end he added in small print, "I do not know what the STAR PRESIDIAN is."

Finally, we got one written comment from a reader "You should let PFC John Doe write more often, I do a good job on articles." A revealing slip of the tongue.

Seriously, we enjoyed your comments and are reading them closely. We still lack about 150 of the questionnaires, so if you've completed yours, hand it over to your commander/supervisor or send it directly to us, ATTN: AFZM-PAO-CI.

Education center offers classes

100 YEARS OF HISTORY—IN NOVELS. Sf State University is offering History of the US II on Monday and Wednesdays from 6 to 9p.m., June 7-July 28 at the Recreation Center. American novels will be used as required reading, with lectures and discussions taken from the historical processes shown in the novels. This course satisfies CAL State history requirements. Tuition assistance is available for military personnel; tuition is $30 a unit. Sign-up and apply for assistance at the Education Center, Bldg. 1216 prior to June 1, or Call Ms. Mary Anne Klancer at 4900 for further information.

MUSIC IN AMERICA. A SURVEY COURSE in American music will be offered at the Presidio Recreation Center and at the Fort Scott Education Center. Historical trends in our music from colonial times to today will be covered. Special attention will be given to hymns, folksongs, jazz, and American Indian music. This class satisfies the humanities requirement. Registration, tuition, and class dates are same as above.

SOCIOLOGY STUDIED.' The principles and concepts of sociology are the subjects of study for this sociology major prerequisite. Social analysis of human relations and cultures are examined in depth. Administrative data is the same as above.

PROCESS YOUR DATA. An introduction to data processing functions and the manual and computer methods of handling data in modern business organizations is being offered at your Education Center. This course will be os special interest to business majors and those in need of a general studies elective.

HUMAN PHYSIOLOGY. This study of human organ systems is required of all nursing majors, and is designed for non-biology majors. Laboratory work is required, and Tuesday and Thursday classes will be held at the San Francisco State Campus laboratory. Monday and Wednesday classes will be at the Education Center. Cost ofr the course is $150.

Golden Gate University will conduct courses for a Masters Degree in Public Administration at the Presidio from June 7 to September 17, 1976. Classes scheduled are:

Organizational Change and Development (PA 312), Mondays, 6-8:40 p.m., Mr. Ronald H. Sandwina, teacher.

Public Policy Analysis (PA 301), Tuesdays, 6-8:40 p.m., Mr. Patrick L. Hatcher, teacher.

Current Problems of Organization and Management (PA 311), Wednesdays, 6-8:40 p.m., Dr. Louise K. Comfort, teacher.

Dr. James Umphrey, Dean, Bay Area Programs, will be at Fort Scott Education Center (Bldg. 1216) from 3-5 p.m. on Wednesday, June 2, 1976, to register and advise prospective students. Dr. Harry Knight, the Assistant Dean will be available the following day, Thursday, June 3, from 10 a.m. to 1 p.m.

For information call Claire Marhart, Education Center, 3989/4419.

Bantam, Major and Minor, Baseball games

Games are at the Pop Hicks Little League Field:
June 1, 1976: Corpus Christi vs. Yanks (Major)
June 2, 1976: Phils vs. Corpus Christi (Major)

All games will start at 5:30p.m. Parents and spectators are urged to attend these games and see the future stars in action.

Tennis

The post tennis team is headed to Ft. Lewis to compete in the FORSCOM Tournament there, 7-11 June. Good Luck!

A hunting we will go

A portion of Camp Roberts will be open for deer hunting for a limited number of hunters this year during August, according to Colonel Glenn E. Muggelberg, commanding officer.

The post will be open to 40 hunters per day from August 13 through 22.

Anyone wishing to hunt at Camp Roberts should write for an application, sending a stamped, self-addressed legal-size envelope to: Wildlife Management Officer, Camp Roberts, Ca. 93451. Deadline for returning the application is June 30, 1976. A drawing will be held July 8, and all applicants will be notified of the results.

The following special rules will be in effect for the deer hunt:

*Applicants must have a valid California Hunting License and deer tags.

*Applications will be received for a two-man hunting party.

*Hunters will be limited to hunting one day during the season.

*A fee of $4.00 will be charged each hunter to cover wildlife management costs and ecological maintenance.

*Hunters will not shoot any other kind of wildlife except legal buck deer.

Post slow-pitch softball

Presidio remained undefeated by beating their fourth San Francisco adversary, 18-6, May 20.

It looked like an easy win for Army, as they built a six-run lead early in the same. But the lead quickly melted, as San Francisco tied it in the third. Presidio came back with their regular feature of waltzing around the order, to finally ice the game.

Ron Eklund went four for four in batting.

Commander's Cup competition

As the FY draws to a close, the standings show that LAMC is top dog in the standings with 259 points, followed by LAIR and USAG. Here are the latest statistics showing the standings of the competing units.

Standing	Unit	Points
1	LAMC	259
2	LAIR	210 ½
3	USAG	180 ½
4	170th M.P. Bn.	179 ½
5) Tie	HHD 504th M.P. Co.	172 ½
6) Tie	Supp Elem.	172 ½
7	WRRC	162
8	402nd M.P. Co	145 ½
9	864th Engr. Bn.	141 ½
10	16th BPO	111 ½
11	AFPD	108
12	Ref Lab	106
13	525th MI Gp	92 ½
14	Dist Engrs	80
15	USA CIDC	75 ½
16	ARR IX	55 ½
17	163rd M.P.Det	45
18) Tie	ASA	29 ½
19) Tie	87th Ord Det	29 ½
20) Tie	51st Engr Det	28
21) Tie	OARB	28
22	USA CC	27
23	Courier Sta.	20
24	6th Army Band	15

'Save our club' day



Photo by Don Johnson

"Give us your hungry ..." should have been part of the Save the NCO Club day motto. This group is patiently waiting for burgers, hot dogs and potato salad.

"Save Your NCO Club" Day was a total success, according to Sergeant Dennis Porche, NCO for the club.

"Although Col. Lodge hasn't made his final decision as to whether or not the club will remain open, we think it was a great success. We did real well," stated Sgt. Porche.

The Name the NCO Club' contest was won by Sergeant John Scott, from Hq. 6th Army, for submitting the name 'Trade Winds.' Sgt. Scott won $25 and two tickets to a San Francisco play of his choice.

The doorprize of two bottles of champagne was won by SFC Rosalene Keller, while one case of beer went to SP4 Elizabeth Cokely and one to SP5 Sara Walker.

"The success of the day can only be attributed to those people on the Save the Club committee for their efforts and to those who came to help," added Sgt. Porche.

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Star Presidian

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Marriage in the Army

Husbands, wives, soldiers

By Carol Cronin

"I now pronounce you soldier husband and soldier wife." The minister may not add the word soldier during the marriage ceremony, but many couples are learning what it's like for both spouses to be members of the Army. Several couples on post offered comments on how marriage and Army life blend.

Specialist Fours Ismael and Christina Delgado enjoy having similar hours and working close enough that they are able to eat lunch together. Christina is a Personnel Records Clerk, COMPACT, and Ismael is a Clerk Typist, Headquarters Commandant. With their combined incomes they live comfortably off-post and have money to spend on their favority entertainments. Ismael explained their preference for living off-post. "We are surrounded by the military all day, so after work we prefer living outside the military environment and not being involved with the requirements of the on-post housing situation."

Duties such as CQ infringe very little upon them, and in fact are convenient if they can pull the detail at the same time and so get time off work together. "We have a system worked out on our uniforms," said Christina. "I take care of the uniforms and he polishes the shoes and brass."

But things haven't always gone as smoothly for the couple. They were married in 1972 while Christina was on leave from a tour in Germany. At the end of her leave she returned to Germany, but they immediately started submitting requests for her transfer. After six months of stubborn persistence she was reassigned to the Presidio.

Christina recently reenlisted but Ismael will be getting out after his present enlistment. "I have been in long enough to receive my full G.I. benefits and we decided one military member in the family was enough. With her financial support in addition to the benefits, I can go back to school in Business Administration."

SP4 Mike Hamman and his wife Mary, both Administration Specialists for Sixth Army, also had problems getting stationed together after they were married. However, Mary was in a car accident which clipped a little of the red tape involved. Since being here things have gone smoothly for them.



Photo by A. C. Reyes

Specialist Fours Ismael and Christina Delgado

Mike is using his Army enlistment as a stepping stone for further education. He is involved in a program which should put two years of law school behind him by the end of his enlistment. Mary intends to go to the University of San Francisco for a degree in Political Science. The Army hasn't created any major marital problems for them. Mike said, "It is simply a temporary inconvenience to accomplish what we want."

The Army proved more than a minor difficulty to the marriage of PFC Heather Kunz, Personnel Management Specialist, COMPACT, and her husband Mark. They were married three months before entering basic last September, and have seen each other only one week since then. They were both guaranteed the Presidio for twelve months after completing AIT but even in the time it took to go through basic and AIT they have gone different directions and are having marital difficulties.

Heather says, "There were just too many adjustments all at once. We didn't forsee the whole situation and the recruiter couldn't prepare us for everything. I think marriage in the Army can work out if you get married after the initial adjustment to military life."

SSG Robert C. Lilley, MOS Testing NCO, and his wife Rhonda won'T FALL INTO THE CATEGORY OF BOTH BEING MILITARY BEFORE LONG. Rhonda is out-processing because she is pregnant. "As long as there were no children involved, there was no problem," said Lilley. "But the Army is no place for both parents with the chance of their being split up. Also, with one spouse outside of the Army you can establish roots in a community."





Photos by A. C. Reyes

Kid Stuff, this driving. **Now if I can only find that turn-off ... his passenger is totally unimpressed by dad's prowess at the wheel.**

The hapless girl seemingly headed **for a fall isn't, really. Camera angle plus a telephoto lens were responsible. The girl is really using a trampoline, one of the many attractions at the discovery fair last week at Crissy Field.**

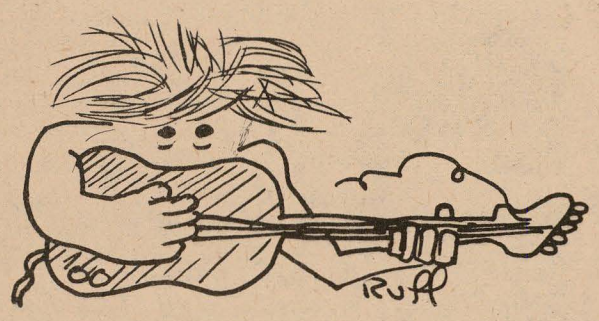
A fair for the family

Dogs on a stick, cotton candy and wide-eyed children, dragging their unresisting parents along ... Barkers and hawkers, rides guaranteed to start the adrenalin flowing, filled with girls screaming delightedly, while their dates tried hard not to let on they were just as scared, finally deposit you on the ground, leaving you limp, disheveled, and breathless, only to find yourself being pulled insistently by your offspring to the next ride ... that's what the discovery fair was all about. Our photographer caught some Presidians in the ... ah, childish? act of enjoying themselves.

t Flash. . .Hot Flas

Beginning Russian course set

This course will be held at the Education Center, Bldg. 1216, from June 22 to September 9. The class meets Tuesdays and Thursdays from 7p.m. to 9:30p.m. Military and civilian personnel are invited. The instructor is a graduate of the Defense Language Institute in Monterey, and a former Army linguist. For further information call the Adult Education Department, ext. 2974/3189.



Free Day on the green tickets

Rock fans take note. A good friend in the concert business is **giving away** tickets to Sunday's Day on the Green show to Military with green IDs. They probably need more bodies to fill Oakland Stadium. Tickets will be distributed to military members at 9a.m. Sunday, Oakland Stadium, at the north and south military ticket booths.

The show, which includes the J. Geils Band, Jeff Beck, Blue Oyster Cult, Mahogany Rush and Sammy Hagar, will commence at 11a.m. Our secret benefactor warns people **not** to arrive before 9a.m. otherwise the local constabulary will make you go away.

Further notes: If you have a green ID card and your guest doesn't, you will have to purchase tickets for that person in advance ($8.50) or at the door ($10). Don't park in private driveways, or Bill Graham will get mad. Bottles and alcohol are **nixed.** Plastic trash bags are available to clean up after yourself after the show.

FORSCOM Pageant nears

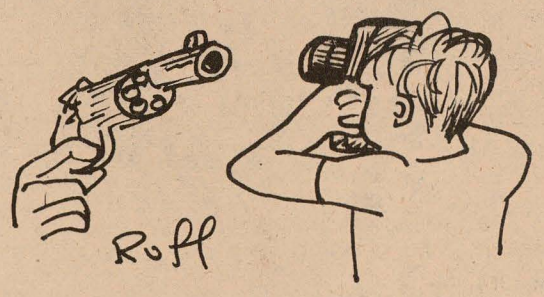
As mentioned last week, the Presidio of San Francisco will sponsor a musical pageant honoring the Bicentennial. Titled "200 Years of Readiness," this musical tribut to the American Soldier commemorates the Army's 200 years of service.

This special presentation is scheduled for Monday, June 14 in the Grand Ballroom of the Fairmont Hotel, beginning at 8p.m. Admission is free to the public.

Performed by the US Army Forces Command Band, the music accompanies a dramatic pictorial history of the Army.

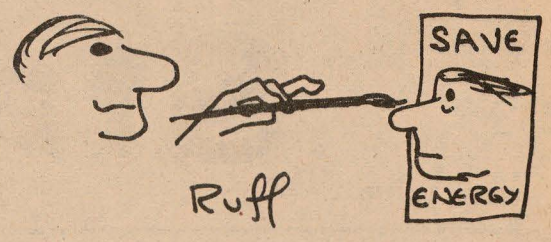
The US Army Forces Command Band was organized in 1845 in Texas as the 4th Infantry Regiment Band. Its heritage, which includes 26 campaign streamers and two awards of the French Croix de Guerre, spans the Mexican War, Civil War, the War with Spain, the Philippine Insurrection, and both World Wars.

The band is performing on a nation-wide tour as US Army Forces Command and the Presidio of San Francisco join the nation in celebrating the Bicentennial and "200 Years of Readiness."



Action pix contest update

Photogs! Don't hide that classic action photo under a bushel. Get it printed in the STAR PRESIDIAN. If you have a shot of something newsworthy, send us the undeveloped negative, a 5" by 7" print or the developed neg. Include the f-stop and ASA numbers. The best of the submitted photos will be featured each week in the SP.



Poster deadline nears

Artists in residence! If you haven't and you still want to there's time to do it yet! Right, we're talking about the Energy Conservation Poster Contest, deadline June 7. Cash awards, **your name in the paper** (try not to get too excited) and days off are the prizes. Posters must be black and white, must not be bigger than 12" by 16" and must be turned in to W. H. Prugh, DIO, Bldg. 220.

MI Group garners MUC award

Recently the 525th Military Intelligence Group was presented their fourth award for outstanding action in Vietnam. The Meritorious Unit Commendation was awarded to the 525th MI Group and its assigned and attached units for distinguished service during the period January 1, 1971 to March 5, 1973.

With the help of numerous Vietnamese allies and other US units, the 525th used its abilities and initiative to provide not only direct support, but training and advice to US, Vietnamese and other Free World Military Assistance Forces.

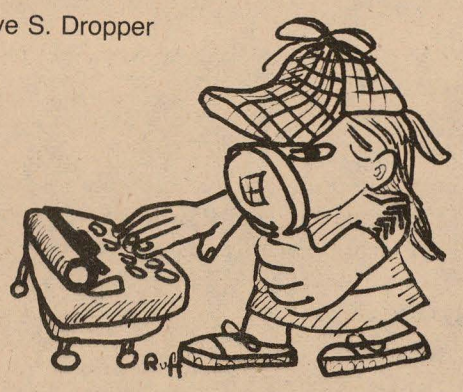
This unit demonstrated extraordinary diligence, initiative and consummate skill in providing intelligence support to allied forces in every military region of Vietnam despite a shortage of personnel, equipment, and supplies. As a direct result of their actions, intelligence operations were reorganized to provide complete area coverage and support to all tactical commanders while remaining sufficiently flexible to permit the reallocation of collection assets in support of special operations by prompt and positive actions which effectively improved intelligence operation, according to a citation from the Secretary of the Army.

The proficiency and devotion to duty displayed by the members of the 525th were in keeping with the highest traditions of the military service and reflect distinct credit upon them and the Armed Forces of the United States, stated the Secretary of the Army.

The secret eye

A gathering of people and events under the watchful SP typewriter

By Eve S. Dropper



This week I'm two wisdom teeth dumber, which is why there's no Secret Eye this week. In any case, I'm a whole lot smarter concerning the matter of dentistry, or oral surgery.

After spending four weeks contemplating the horrors of having two of my teeth extracted, the BIG day finally came. It took all of my will power not to vacate the dentist's office. Expecially since I was in no pain, and this definitely looked like the lousing up of a perfectly good three-day-weekend. But, being my brave self, plus several threats from a 'friend', I remained.

The nurse stalked up to me, at least I thought she was stalking. She took some pertinent information from me, like SSN, name, rank, etc, and the name of my friend, who was to drive me home.

She handed a prescription to my friend, told me to follow her, and made the startling declaration that I would be out by the time he came back with the pills. So fast? My heart started thumping on the roof of my mouth. I felt the pit of my stomach give way. I knew I was being led to the most horrible experience of my young life.

Crawling into the 'chair', I felt two feet tall, 5 years old, and terrified. I just knew this nice looking man was the Dr. Jeckyl/Mr. Hyde of my life. After politely asking him to please go back to wherever it was he came from, he placed an IV drip into my arm and told me to relax. RELAX????' Now I was beginning to wonder about the man's sanity. How could I relax???? But, after adding the sodium pentothal to the sugar water drip, I most definitely did relax. My eyes grew heavy. My thoughts were fuzzy. NOW they're going to get me. I'm in a state of total helplessness. OH NO!!!!

When I awoke, my first question was 'Is it over'? Receiving a positive answer, I next asked 'What time is it'? To this question I was given another totally startling response. Only five minutes had passed since I'd 'gone to sleep.' How amazing modern science, is, I thought. I had felt no pain, and still felt none. My mouth was hardly swollen at all, and most of that, I discovered, came from the wad of gauze in my mouth.

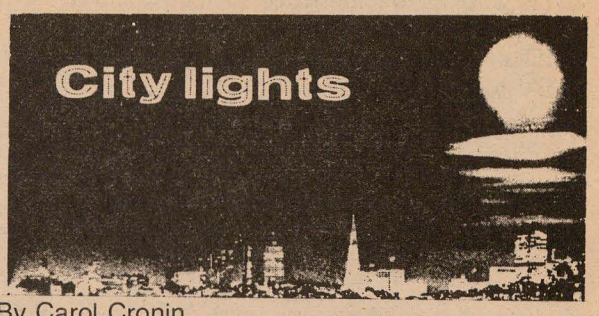
Then to add to my amazement, the nurse, who was no longer stalking, helped me walk to the waiting room, where my escort had not yet returned from the pharmacy. 'Will miracles never cease?'

The rest of Friday I was pretty well 'out' of it. Then Saturday morning I woke in one BAD mood. I wasn't in a lot of pain, very little as a matter of fact, but I did want to call the doctor and tell him a thing or two ...

After a couple hours rest, I felt much better and was definitely glad I had refrained with the telephone call. I spent a quiet Saturday, then resumed my normal rambunctious life Sunday with a visit to friends, a few drinks and an overall good time. I even managed a picnic Monday. And eating hasn't been a big problem either.

So, people, if you've got to get those nasty wisdom teeth pulled, go ahead. It's really not as bad as you can build it up to be. And the doctors are great.

Till next week people, take 'n take and keep on whatever.



By Carol Cronin

Friday, 4th Avenue Photoplay, 2650 San Bruno Ave. takes you back to the 30's and 40's with two bright musicals of the period. **If Im Lucky** (1946) stars Perry Como, Vivian Blaine, Harry James and Carmen Miranda and has the unlikely plot of a bank getting its singer elected governor. **Folies Bergere** (1935) is done in the Busby Berkeley fashion, starring Maurice Chevalier and Ann Southern. The films begin at 8:30p.m. for $2.00 admission.

Saturday, 5th The San Francisco USO, 1019 Market St., has arranged a special free performance by the Pacific Dance Theatre tonight at 7a.m. They will dance classical, modern and jazz ballet. The performance is a sneak preview of a longer presentation scheduled for June 25.

Sunday, 6th The potters will be out in force at the Hall of Flowers today from 10a.m. to 5p.m. at the San Francisco Potter's Show and Sale. There is no admission charge.

Star Presidian

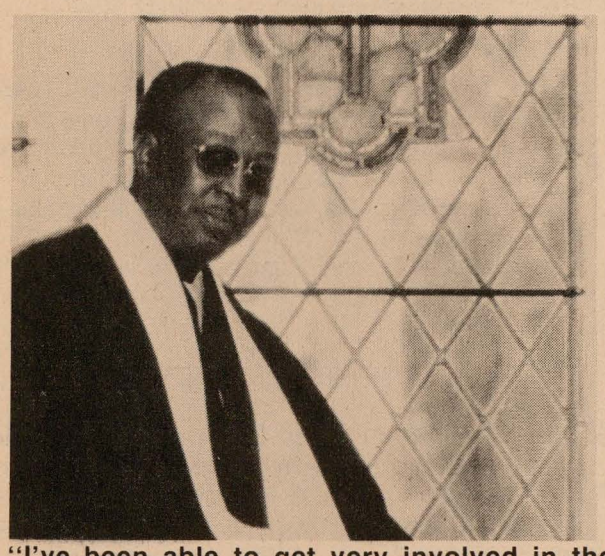
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Colonel Warren J. Lodge, commander
Major Michael J. Williams, public affairs officer
Sp4 David M. Ruff, editor
Sp4 Carol Cronin, reporter
SP4 Robyn Sherwood, reporter

VIP's: very important Presidians

Post Chaplain moves on

Photo and story by A. C. Reyes



"I've been able to get very involved in the Presidio community,": Chaplain Johnson.

Chaplain (Col.) Mitchell C. Johnson, about to move on to a new assignment at Fort Huachuca, Arizona, was interviewed by the SP. Taking time from his busy schedule, Chaplain Johnson expressed regret that he would be leaving so many old friends. "But," he quickly added, "I am looking forward to my new assignment." Speaking so softly at times that this reporter wasn't sure the remarks were directed at him, Chaplain Johnson continued: "The chaplains corps and the religious work has been, to me, very challenging. I've been able to get very much involved in the Presidio community, and derive a certain satisfaction from that. My last assignment, there really wasn't that much community life. Here things are a lot different. Of course you have to urge, keep working at it, but the desire is there. What works against community life on a post such as this is the highly developed community outside. People have a tendency to get lost on their own things, social life, etc. The way to deal with a problem like that is to get involved, and you also have to be concerned about other people becoming involved too.

"Now, when I first got word I was going to Arizona, my first reaction was, 'Arizona? What's out there?' But I had the good fortune of stopping by there on my last trip out East, and I did find that it is a highly developed installation. Since I won't be in the Army much longer, I found this to be one of the best kept secrets in the Army. The community life is highly developed and I found out the Commanding General is a highly people oriented man. Yes, I am looking forward to the move, but a little portion of San Francisco will always remain with me."

With the chimes of the chapel ringing in the background, Chaplain Johnson paused. "This Sunday, the 6th, will be my last service. I'm going to miss the Presidio."

Education: a worthwhile goal

by Robyn Sherwood

The first bachelors degree to come entirely out of the Presidio Education Center will be awarded to Sergeant Major John W. Randall for completing the required courses at the University of San Francisco.

Sgt. Major Randall is a 6th Army chaplain and had special educational needs. His main interests are in anthropology, psychology and administration. Unfortunately, San Francisco State did not have a curriculum set up combining these three areas. So, Randall initiated his own.

His degree is titled Consultant in Human Services/anthropology, psychology and administration, or Interdisciplinary Studies.

"The basic courses were available in normal curriculum. But, I wanted a field best suited to my needs and goals. This was not available. So, I drew up a special plan with all the concepts that would involve people." These materials were drawn from the related fields.

"My objective was to provide a basis of study, both practical and academic, to be applied with military experience and professional development of my career field. This would enable me to best support the human services endeavors in the areas of administration, social work and psychological and religious orientation."

After attending classes four nights a week, from 1972 through January 1976, plus working several weekends meeting resident requirements of San Francisco State, Randall is quite proud of his accomplishment.

"A lot of times education centers on military installations are for the GED program. But to get extended credit toward college graduation is great. I really don't think anyone has done this before. Usually, a guy will get about a year's worth of credits, then complete the program as a civilian. Or not complete it at all.

"Servicemen can complete their education while in the service—as long as they can stay in one place long enough to do it. Even if they are moving, they can still take courses and have them transferred.

"There's also a tremendous opportunity for minority personnel to get an education through tuition assistance, or the use of the GI Bill. If you're interested, you should seek professional couseling through the education center and your commanding officer."

Hoping to retire this fall, Sgt. Maj. Randall is planning to enroll in two advanced fields of education. He plans to work for his Masters in Human Resources Management and his Masters of Religious Education.

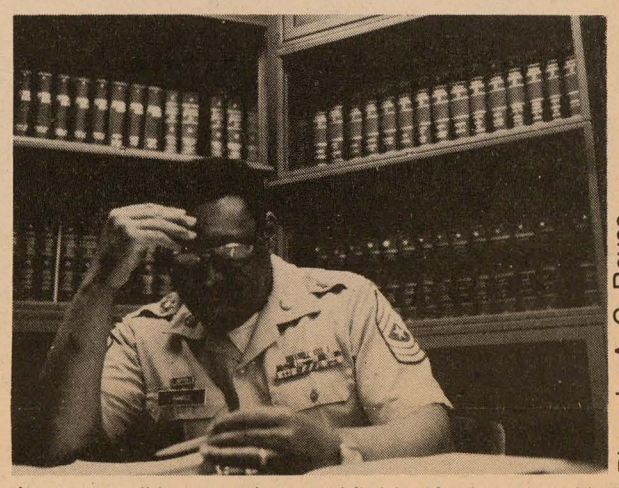


Photo by A. C. Reyes

"My challenge to anyone in completing their education is this: get the will to do it. It takes a lot of sacrifices; the courses are stiff and it's a lot of hard work. But it's worth it in the end."

Comptroller calls it quits

By Linda Massey

"It took a lot of hard work, a lot of drive, and a lot of stamina. I set myself a goal and said I would strive to get to the highest level I could by age 55. I feel satisfied, because I believe I have met my objective."

With these words the Presidio's retiring Comptroller, Edward A. Moniz, recently summarized his award-studded, 35-year career with the Department of Defense. Beginning with the National Guard in 1940, continuing as a helper pipefitter at Pearl Harbor during World War II, and concluding as the senior civilian at the Presidio of San Francisco (GS-14), Mr. Moniz has been the one man, next to the Commander, most responsible for the effective organization and management of the installation.

For the comptroller, as the official with the dollar purse strings, must insure that each directorate and staff section is run efficiently and economically. Mr. Moniz defines this responsibility as "a service type of operation."

"A comptroller must work very closely with the staff office. He must be able to understand the problems that the directors are facing and he must assist them in accomplishing their mission."

The comptrollership, he notes, was not always the complex, all-encompassing profession it is today.

"When I first began, there was no such thing as a comptroller organization in the Federal government. At that time, they had a little finance section—accounting and budgeting."

"But as the Federal government has grown, there has been more requirement to protect the taxpayer and the way monies are spent. There has to be a limit on what is spent for what purpose, and I think this is generally what caused the comptroller to evolve into what he is today."

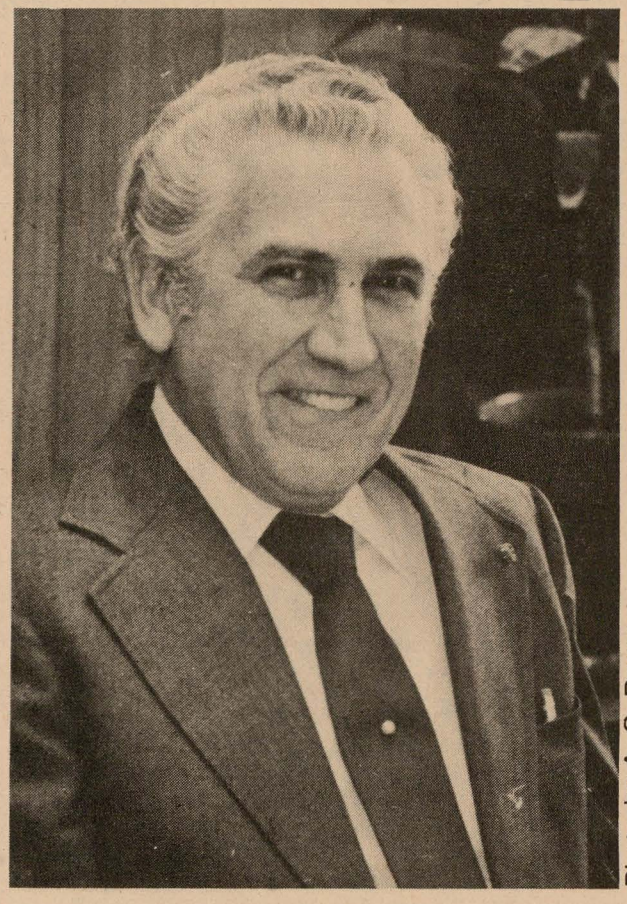


Photo by A. C. Reyes

What does he foresee in the future for the comptroller field?

"I think the next step in the evolution of the comptroller's organization is to start compressing data and details. Within the next five to 10 years, you will see a tremendous decrease in the number of reports. As budgets are trimmed, as inflation continues to increase, the major headquarters are going to have to start reducing their sizes and requesting only the data they really need. When this occurs, you can't help but reduce the number of reports."

For the near future, however, there will be other challenges at the Presidio headquarters. The new comptroller will be faced immediately with two fiscal year-end closings (including the three-month transition period).

"This is very challenging," said Mr. Moniz, "because it generates a possibility for violation in two fiscal periods in three months. It's going to require an individual to really get into it, to insure that each staff section understands its responsibility and function."

Would he recommend the comptroller profession to a young person considering a career?

"Very definitely. There is no doubt in my mind that a comptroller organization will always be for the foreseeable future. I would say this - that a young man today shouldn't commit himself to any definite goal until he's had a least seven years of outside experience. He should then decide his goal and forge ahead."

Although officially retiring July 4, Mr. Moniz will remain at the Presidio on a temporary appointment until a successor can be named. A recipient of a Meritorious Civilian Service Award in 1974 for his contributions to the Army Reorganization of 1973, he will enter the real estate business in the East Bay following his departure from the Presidio.

Your frisbee

What to do with it

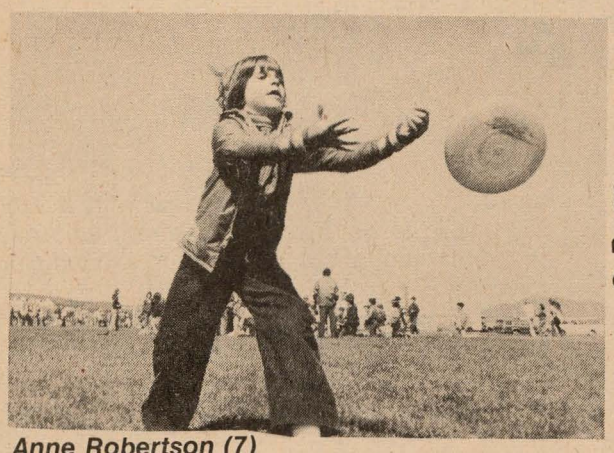


Photo by A. C. Reyes

Anne Robertson (7)

By Dean Neal

For those of us who despise exercise for exercise sake but would like to try molding our physiques into some respectable form, I've found just the thing—FRISBEE!

The frisbee is more than a child's toy. It can also be more than a parking lot nuisance, but you have to give it a chance. You have to give yourself time to master the aeronautic trickery that affords one an appreciation of this flighty wonder.

When you first start with the frisbee, you're bound to get plenty of exercise due to your ignorance of the disc's aeronautical acrobatics. You'll find it diffucult to hit your target at first which will result in a continuing chase scene—up hills, down hills, through streets and fields marked "private property" and other places.

If you're throwing your frisbee where frisbees are usually thrown—in parking lots and streets—you'll find yourself in the occasion to strengthen those arms once you've assumed the push-up position required to look beneath automobiles for your frisbee. If it's not under the particular car you are looking under, stay there and do a couple of quick push-ups to make the search more rewarding in terms of calories spent to accomplish the task.

If you live in a townhouse development, you're bound to have trouble with the fences that serve as boundary for each back yard. The fences are also all the equipment required for a couple of rounds of pull-ups. Pull yourself up the fence slowly and hold it when you scan the yard taking care not to arouse the attention of the neighbors and continue to with a repetition at each yard until the frisbee is found.

One of the better predicaments to get caught in is the "frisbee on the roof" problem which sets the scene for a beautiful confidence course. Be glad that it's difficult for a frisbee to reach altitudes of more than a hundred feet when thrown from the ground.

However, most people can throw the frisbee with a surprising amount of accuracy after having handled it for a couple of weeks and no longer have to worry about the frisbee becoming a threat to their ego. Even though it's so simple thousands of minds the world over have denied understanding the aeronautic principles involved in mastering the saucer.

Also, if one becomes really sharp with the handling of a frisbee, he could become a financial success by being hired as a demonstrator. Later he could work his way into management by investing his salary into the company and live off the dividends. Then it would be smooth sailing—spinning it off into the horizon, forever.

from the CASTLE

Youth activities set for summer

My nose goes into spasms every time I smell chlorine. My eyes water, my fingers wrinkle up and I reach for a nonexistent inner tube. Why? Chlorine is the smell of my childhood summers. "Alright, so you have nothing to do, so go to the pool. Here's a towel," my mother would say to me and my brother before stuffing us on the crosstown bus. It was our reward for hanging around a newly vacuumed living room. We'd get to the pool and there would be exactly ten million sweaty, ice-cream encrusted bodies too many. But it would be fun for a while. Better than dodging cars, anyway. If we weren't at the community swizzle pool we were enrolled in something constructive. My nose also wrinkles when I smell newly cured leather, mostly because, though I was the better swimmer, my brother could out boondoggle me anytime. Three hours in one of those crafts classes would net him a wallet, a leather necklace, three handmade marbles and a kiss on the cheek from the 14-year-old girl scout on the next bench. I would still be on my first marble.

This is all leading up to something, you can tell. The Presidio's own Youth Activities is presenting summer Swimming and Arts and Crafts classes. They will not both be held in the same place. Registration for swimming classes will be from June 9-18, 8a.m. to 4p.m. in building 97 (the Red Cross building). The classes will run from July 5-16 and will include Jr. and Sr. lifesaving—8:30-11:30a.m. Classes later in the summer will be, beginners—8:30a.m.; advanced beginners—9:15a.m.; intermediate—10a.m.; and beginners—10:45a.m.

The Arts and Crafts classes will be held from July 12 to August 31 at the Teen Club, building T92, 9a.m. to noon. Ages 6-12, fee $5 per child. Register beginning June 10 in the Recreation Services office, building 122. Telephone 561-3637

Unit crest proud history

By Robyn Sherwood

The Battalion Crest. Some units wear theirs a little more proudly than others. Like the 504th MP Battalion.

A long history and tradition follows the 504th's Crest. It originated in 1942 and went with the Battalion during its skirmishes in the Mediterranean and Europe as the unit earned nine battle stars and four bronze arrowheads to make it the most decorated Military Police Battalion in the Army.

The technical description of the crest reads: "Vert, issuing from bast dexter grasping a wyverns head erased gules fimbriated of the second." Understand? "Vert" in French means green, thus the green background of the crest. A "dexter" or right hand is grasping a dragons head.

A "wyvern" dragon is one with turned back wings and a barbed tail. This doesn't apply a lot with the 504th crest because only the head is showing.

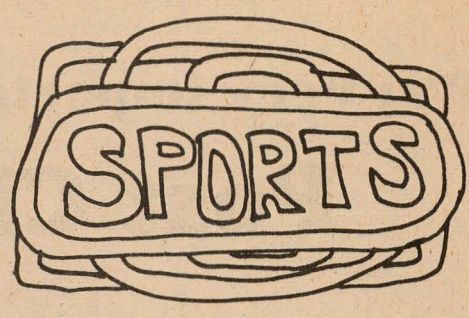
"Erased gules" means tinted red notches which bear smaller notches, or in other words, the ruffled or pointed skin of the dragon.

Finally, fimbricated of the second, means that the dragon on the crest is to be bordered by a gold fringe.



Photo by A. C. Reyes

The 504th has carried the description one step further. They say the green shield represents the MP Corps, while the hand represents the power and strength of the organization in uprooting evil in its symbolic form, the wyvern.



Post tennis team readies for FORSCOM

The post racqueteers will depart for Ft. Lewis, June 7 for a FORSCOM Tennis tourney. Members are Robert Molter, Mike Fare (who won the Presidio Open tourney last year) replacing Mike "Ace" Hamman, who came down with a case of foot-in-the-cast, and Clay Bristow. Jr. Vets Division includes Joseph Egan and Raymond Johnson. We wish we could play tennis.

Presidio trackster competes

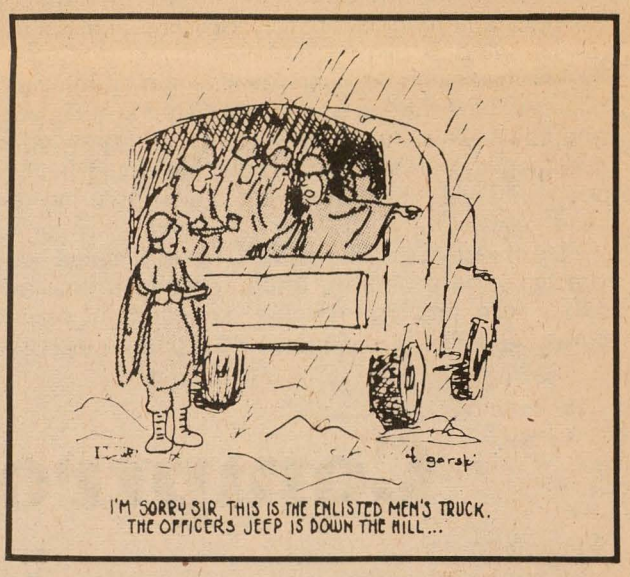
The Presidio's George Stewart, a 5,000 meter runner will participate in an Interservice Track and Field tournament at Sacramento State today along with other members of the All Army Track and Field team. More on this next week.

Junior baseball schedules

The following bantam, major and minor, baseball games have been scheduled at the Pop Hicks Little League field:

June 5, Solons vs Seals (Minors) 9:30a.m.
June 5, Totems vs Oakland (Minors) 11:30a.m.
June 5, Yanks vs Twins (Majors) 1:30p.m.
June 7, Solons vs Oaks (Minors) 5:30p.m.
June 7, Oakland vs Seals (Minors) Game at Oakland
June 8, St. Vincent de Paul vs Yanks (Majors) 5:30p.m.
June 9, Solons vs Totems (Minors) 5:30p.m.
June 10, Twins vs Phils (Majors) 5:30p.m.

Parents are urged to attend and support their childrens' games. Spectators are always welcome.



Presidio sets dog show

The Presidio Recreation Center will hold a Kids Dog Show on June 26 at 1:30p.m.

Eligibility requirements are as follows:

1. Kids age—4 to 14. Dogs age—six months and over.
2. Military dependents of active or retired persons. Dogs—pedigreed or not.

Dogs will be judged in the following classes:

1. Best trick dog
2. Smallest dog
3. Largest dog
4. Best looking dog
5. Best costumed dog
6. Funniest looking dog
7. Best behaved dog
8. Best in show

First, second, and third prize ribbons will be awarded to winners in each category, with a best of show to be selected from among the first place winners. In addition to the show, a clinic is being offered on June 19 at 1p.m. in the Recreation Center, to all youthful dog owners. The Post Vet. will discuss topics of interest to kids who have the best interest in their dogs at heart. Entry blanks for the Kids Dog Show are available at the Recreation Center, Bldg. 135. Please bring proof of age. Entries will be accepted up to the date of the Show. If you are too old to enter, we will accept your offer to help us with the show. You're never too old for that. Entries will be limited to a maximum of 100 participants so be sure to register right away. Additional information may be obtained by calling ext 2000/5420/5480.

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Star Presidian

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Brown boot — Black boot

The only lasting thing is change

by Carol Cronin

The old is constantly making way for the new. Not even the Army is exempt. Though the changes have been slow, the Army of WWII and the 50's and 60's have evolved to what is now termed "Today's Army."

Mr. Charles Hawkins, a retired Army Master Sergeant, with 23 years of service, discussed his experience with yesteryear's Army. A full-time staff member of the Fort Point Museum Association since 1968, Mr. Hawkins was drafted into the 26th (Yankee Division) Infantry during WWII. The 26th was a part of General Patton's famous Third Army.

"I took basic at Camp Hood, Texas at the I.R.T.C. (Infantry Replacement Training Center)," he reminisced. "At basic, I had the regular Army-type drill sergeant who told us, "I'm going to teach you to be soldiers, and how to kill or be killed. If you learn what I try to teach you, you may live to tell your children and grandchildren what you've been through.' He sold us on the idea that the blue cord of the infantryman represented the best soldiers in the Army and we believed him.

"In short, he taught us the things we had to know to be soldiers. When we reached combat we realized their value. The highly developed 'esprit de corps' molded us into a unified fighting force.

"However, we couldn't wait to get out of the Army. We came dashing home. At the discharge point we were given the choice of entering the reserves. I was one of many who decided to join.

"Back then, you weren't paid for joining the reserves. We had voluntary meetings once a week for training without weapons. I joined because I really believed we had just fought a 'war to end all wars' and that the military was a necessary force. Through the reserves I could continue to support it to some extent.

"I resumed my civilian life, but Russia was building up again, so I joined again for one year, and during that time decided the Army was for me. I liked the people and what the Army stood for, which was maintaining the peace. I hoped that if I could help the Army be successful in its mission, perhaps none of my sons would have to be involved in an armed conflict.

"I also liked the discipline, and the code of duty, honor and service to country. Most of us considered ourselves 'professional soldiers' and took pride in wearing the uniform. I had the fortunate experience of serving under professional officers who transmitted their high standards to us."

What does Mr. Hawkins think of today's Army? "We weren't in the Army for pay," he said. "I don't think the volunteer Army can work because it tends to attract people looking for salary and security, rather than service to country. We need to be honest with ourselves. Too many people are coming in not fully realizing that they are committing themselves to taking up arms in defense of their country if necessary.

"There is also a lack of discipline, and communication between the troops and the NCOs. When I was in the Army, the NCOs didn't demand anything of the troops that they couldn't do as well or better. Now NCOs aren't carrying out their responsibility in instilling the proper qualities in the lower ranks.

"We took care of each other. If someone couldn't do his duty, we'd cover for him. We respected each other's privacy and living area. I keep reading about all the barracks thefts. If we left a wallet out while we went to a show there was no fear of it being gone when we got back. Our bunk area was our home. No one even sat on your bunk without asking permission."

Does today's soldier agree that personal standards and discipline aren't stressed enough? What does he or she expect from and offer to the Army?

Specialist 5 Dona Seay, Unit Clerk at Letterman Army Institute of Research (LAIR), joined the Army in 1970 because she was bored with school and living at home. She wanted to meet people, see new places, and get out in the real world. "I thought the discipline would be good for me," she said. "Not that I didn't already have it with a minister for a father."

"The discipline in basic was less than I had expected, although some of the women objected to it. I enjoyed the discipline at times. Even after basic I don't think there has been the discipline and respect that there should be.

"I considered the Army a peacetime Army, and had no visions of actually being involved in any conflict."

"I like the people. The quality of personnel I deal with is exceptional. But that isn't necessarily typical of the Army. I work in a Medical Research unit which has a lot of college graduates and Stripes For Skills.

"The policy against fraternization has a purpose in regard to duty performance, but I don't think the Army should be concerned with my social life unless it is interfering with my job. I live off-post and keep my private life separate from the Army.



A. C. Reyes photo

SP5 Seay will be getting out in a few months to get a degree in photography. "If I could get a degree and work in that field through the Army, I would stay in, but the Army is overstrength in photographers.

Specialist 5 Dave Welsh, Biological Science Assistant, LAIR, joined the Army in 1974 with no intention of staying in beyond his first enlistment. "I came in for the educational benefits and the learning experience with the research institute," he said. "I enjoy the people and the work, but have a negative attitude toward the military aspect. When I was still a greenhorn, I had several friends who were draftees and were totally against the military. Their experiences still influence me.

"Before I came in I was very careful to assure myself that because of my position with research I wouldn't be involved directly with any conflict.

"I try to avoid the military stereotype as much as possible. I live off-post, and wear my uniform as little as possible. I have to keep some part of my life unregulated and to myself."

Trade Winds dilemma: No trade

By Robyn Sherwood

The fate of the NCO/EM club (Trade Winds) is sealed. Col. Lodge met with the DPCA (Directorate of Personnel/Community Activities) and several of the club's representatives to announce the closing of the club during the day. New hours which will go into effect June 26 are: 4:15 until 10p.m. Tuesday; 4:15 until 12:30a.m. Wednesday; 4:15 to 11p.m. Thursday; and 4:15 to 2a.m. Friday and Saturday; closed Sunday and Monday.

"This is being done in the hope that we can reduce the money loss. We knew every time we opened for the noon meal we lost money on labor. So, we're going to transfer the labor force to evenings or other jobs in the hope that the nights will carry themselves," stated Sergeant Dennis Porche, club manager.

One complaint heard concerning the club is, "I can get drinks cheaper in town." When asked about this problem, Sgt. Porche stated:'
"We have an Army-controlled situation to keep us honest. On a small club like this, it's hard to be competitive. This is one reason the town may appear cheaper. We have to satisfy a tremendous control procedure. Plus, it's hard to compete with San Francisco."

Concern for the club's fate is expressed by several Presidians:

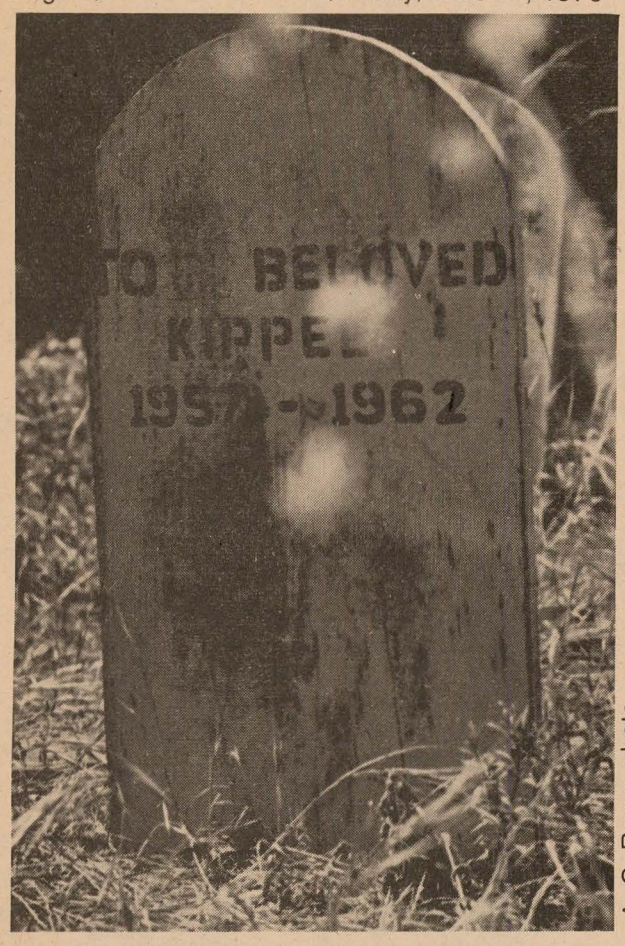
"If there's no improvement in two months, it'll have to be closed. We have no choice. I've had as many NCO's as I could possibly get begging for ideas and participation. Even to come in on Friday afternoon, for those who don't want to get out at night. I even went so far as to say I'd put down the first $20. That worked one Friday. I've gone over there every Friday to see what would happen. Last week the holidays were used as an excuse. So, I'm going back over there this Friday to see what happens," stated Command Sergeant Major James Hodges, Jr. a Club backer.

"Last Friday night there was only $34 made at the bar. Can you imagine that? If 60 percent of the NCOs would stop by for a coke or a beer every week, do you know how much money we'd be making? But people don't care. We've had so many people looking for crutches, using excuses to justify their lack of concern. And that's just it. We don't have enough people concerned about the welfare of our troops, and I'm talking primarily about NCO's," the sergeant major added.

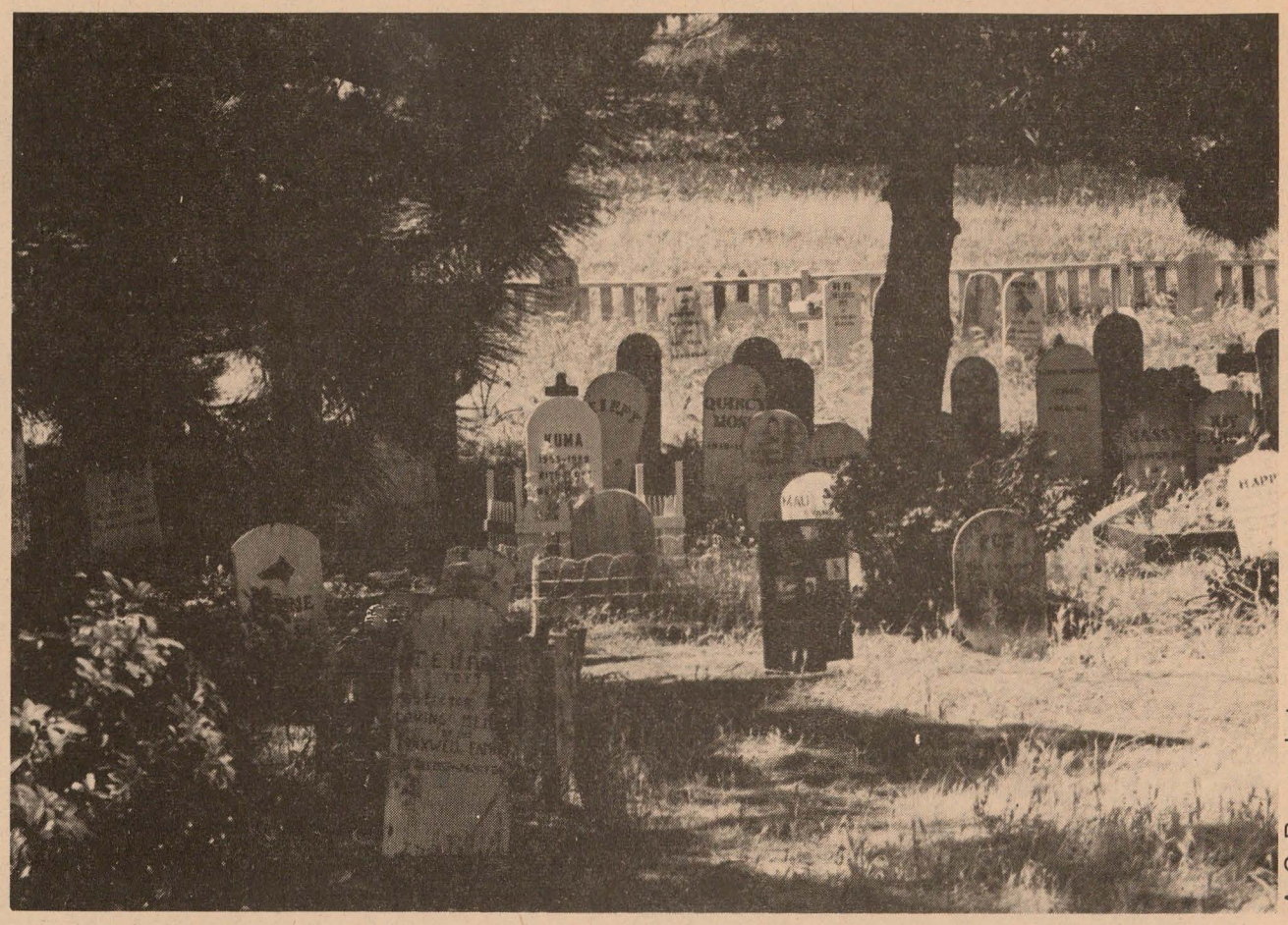
"Unless there is a drastic change in the attitudes of the NCOs on this post, that club will die. You can't have better people working for the club than there are now. It's the people. They just don't care," Sgt. Maj. Hodges concluded.

The club is now working in cooperation with the Recreation Center. This is being done on a trial basis as a test to see if the two clubs can work together to increase support and add new dimensions to both services, according to Sgt. Porche.

To keep up interest in the club's activities, a Bicentennial Cookout is scheduled for Friday, July 16. The festivities will start at 4p.m. There's to be a Unit Talent Contest and of course, food. Later that night, there'll be music by a rock band.



A. C. Reyes photo



A. C. Reyes photo

Small plots of land. . .

by Robyn Sherwood

Driving through Ft. Scott, a small plot of land surrounded by a picket fence might catch your eye. Enclosed by the fence are all manner of small grave markers, with names ranging from Fritz to Pete the Parakeet. This is the Presidio Pet Cemetery.

In late 1952 Lieutenant Colonel Swing, the 6th Army Commander decided the people of the Presidio should have a place to bury their pets. Other Army posts had them, Ft. Benning for example. So, the Presidio got their resting place for pets.

The post engineers initially laid out the plots and did the landscaping for this project. A local Boy Scout troop volunteered to maintain it, burying the pets and policing the graves as a fund raising project. A small fee was paid by the pet owners for this service when their pets were buried. No military funds were used.

By 1963 the cemetery was filled.

All the animals belonged to military families, but there is no record of the owners. The grave markers were provided by the pets owners and the inscriptions on the markers reveal the feelings of the owners for their faithful pets.

Recently, the cemetery has fallen into disrepair. The grass has overrun the small plots, the markers have fallen, and the fence is hardly enough to keep the ghost of a dog in. But the Presidio Boy Scout Troop No. 77 has volunteered to clean it up this Saturday as a community service project.

Election '76:

primaries over, conventions loom

by Frank Noto

This year's primaries have concluded with the big presidential primaries in California, Ohio and New Jersey on June 8. Here is the count of delegates selected as of June 9:

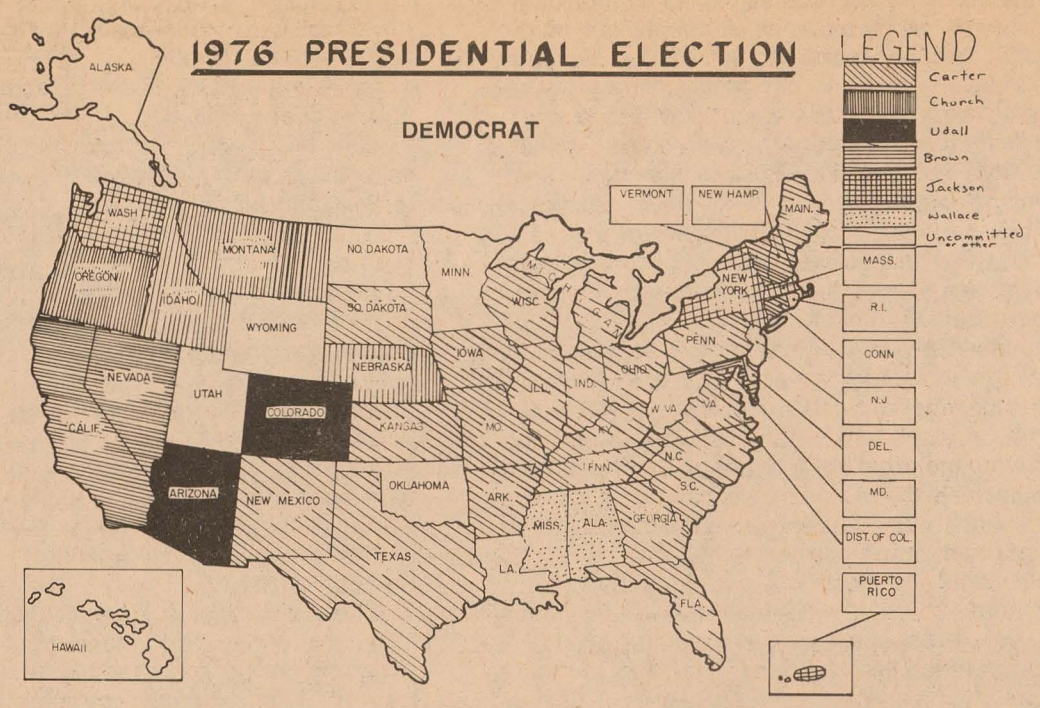
DEMOCRAT		REPUBLICAN	
Carter	1197	Ford	876
Udall	366	Reagan	843
Jackson	254		
Brown	232	Uncommitted	267
Wallace	169		
Church	91		
Humphrey	116		
Others	176		
Uncommitted	397		
NEEDED TO WIN:	1505	NEEDED TO WIN:	1130

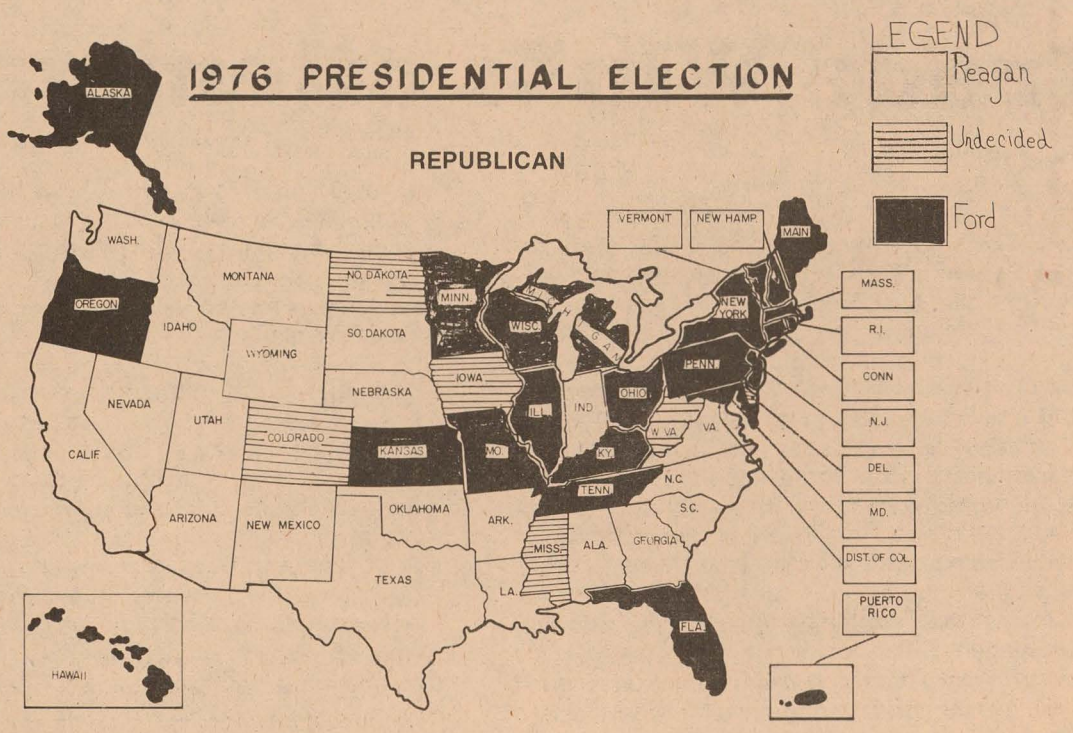
The campaign maps on this page illustrate the progress of the 1976 Presidential Campaign. The map and legend indicate the winners of each state's primary election or caucus. Most states choose their delegates through the primary system; a few states* hold conventions or caucuses where voters gather together in local and district meetings to select delegates.

Some states hold a non-binding preferential primary and a separate vote for delegates. On our map, the candidate with the most votes in the primary is listed as the winner, though he may not have won the most delegates. Vermont, for example, is given to Mr. Carter as the winner in the primary, even though most delegates are currently uncommitted. Runner-ups in the primaries can also gather some delegates if they receive enough votes.

The delegates, once elected, will attend the National Party Conventions, where they will choose the Vice-Presidential candidate and select a platform of positions on important issues, as well as nominate a Presidential candidate.

*Alaska, Arizona, Colorado, Delaware, Hawaii, Iowa, Kansas, Louisiana (Republicans only), Maine, New Mexico, North Dakota, Oklahoma, Puerto Rico, South Carolina, Utah, Virginia, Washington, Wyoming and US Territories.

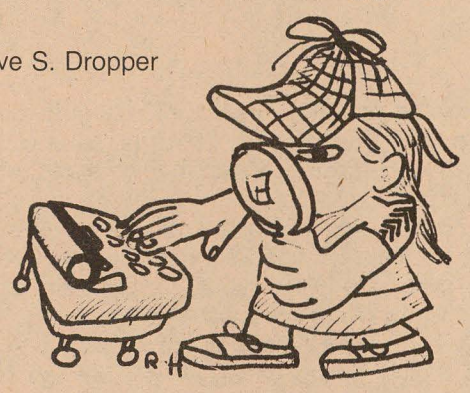




The secret eye

A gathering of people and events under the watchful SP typewriter

By Eve S. Dropper



Hidy Hi, and Hello. It's been another roaming week on the Presidio and I've been hearing all kinds of juicy gossip. Too bad it can't be published ...

Hey, guys, my nasty, grumpy editor has been telling me horror stories about people trying to be helpful by sending in articles but not getting the correct form. Well, you could help me out, and don't use disposition forms; plain white paper is fantastic. Don't type things in all-caps, double or triple space and, please, no military jargon, my editor has this phobia, see? I know this is asking a lot, but I've got to get him off my back. He's bigger than I am.

Drugii, gavaritchii pa ruski? (apologies for the rough translation, comrades.) If you don't, then take the course offered by the Education Center Bldg. 1216, from June 22 to September 9. The class meets Tuesdays and Thursdays from 7 to 9:30p.m. and all military and civilian personnel are invited. For further information call the Adult Education Department, 2974/3189.

Swimming aides are needed to help the Red Cross teach kids how not to drown. If you're interested in serving as an aide for the Red Cross Youth Swimming Program, call the Red Cross Field Office, Bldg. 97. Training sessions will be conducted at the LAMC pool on June 24' and 25. So, if you can help keep 'em afloat, lend a hand.

Remember that Energy Conservation Poster Contest? Well, people, I'm really impressed with you. I don't see how a post this size could manage to have only ONE poster turned in, and that was too large. Must be a lot of people out there who don't need or want three day passes and money ...

Headquarters of the 504th is down at Hunter Liggett doing field training. Must be some beautiful weather there. Hope they have time for more than just training.

Bob Hope's Man Of The Year Award was attended by two Presidio reps from the 16th BPO. Nice goin' fellers. It must've been nice seeing Hope, and munching on a $100 per plate dinner ... Who says your Uncle doesn't love you?

I've heard lots of 'comments' about the Secret Eye by word-of-mouth, but I don't see anything written or have anyone call. Don't you ever see or hear anything that might interest somebody? Let me know you're alive ...

So, till next week, peoples, take 'n take and keep on whatever ...

t Flash. . .Hot Flas

Summer acting workshop

A Summer Workshop in stage acting techniques will be conducted by the Music and Theatre Branch of Recreation Services. Previous acting training or experience is not necessary—but an interest in developing skills in acting is required. The Workshop training will range from improvisational techniques to prepared acting scenes.

First meetings will be held on Monday and Tuesday, June 14 and 15 at 7:30p.m. at the Presidio Playhouse. The schedule will then be adapted to meet the needs of the group.

Also, tryouts will be held on June 21 and 22 at 7:30p.m. for a series of Summer Workshop Theatre productions to be staged by different directors with different casts, offering experience to many with varying backgrounds and experience. Anyone especially interested in directing should contact the Music and Theatre Branch at 561-3992/5897 from 1-5p.m.

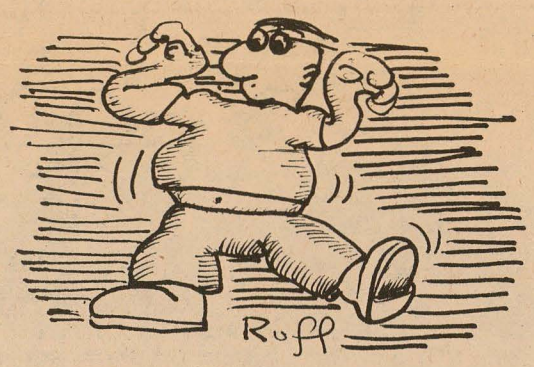
Mason St.

A redwood storm drain collapsed Friday on Mason Street, according to Mr. Richard Ball of the facilities engineers here.

"The redwood storm drains were built during the period when the World's Fair was being held here. There wasn't any record kept of where the drains were placed, so the only time we can really find out about them is when one of them rots and collapses. This is the third one in two months," stated Mr. Ball.

Since this is an active drain it will have to be replaced with steel drain pipes and will take longer than anticipated, according to Mr. Ball.

While the 'new' Mason Street is being repaired, traffic will be rerouted back to the 'old' Mason Street.



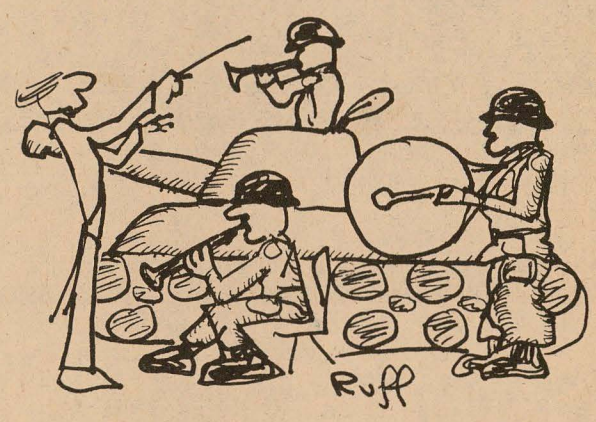
Belly dancing class

A class in belly dancing will be offered by the Central YMCA on June 22. The eight-week course will teach the forms, origins, music, make-up, and costuming of belly dancing, one of the oldest and most exciting forms of dance and entertainment. For beginners and intermediates.

Explore your options forum

Everyone should know what's being offered to him/her in possibilities for future goals. You should get the facts about the civilian job market; federal jobs; reenlistment; U.S. Army Reserves; starting your own business and more education and training.

If you're at a crossroad, get the facts from the Explore Your Options Program, Wednesday, June 16, in the Audio Visual Auditorium, building 603. Call 3693/4030 to reserve your place.



Sixth Army band concert

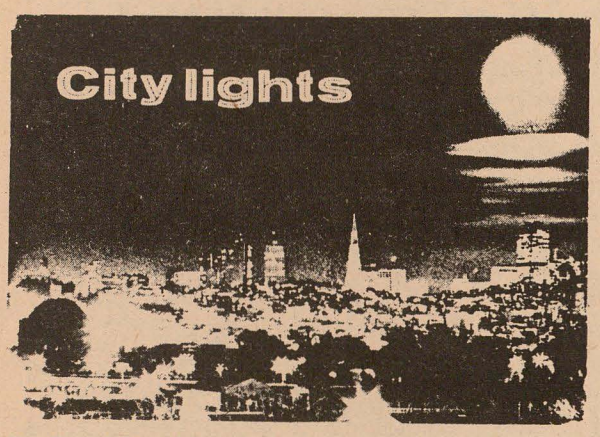
The Sixth U.S. Army Band will perform in concert Wednesday, June 16, at 7:30p.m. at the Presidio Playhouse. The program, which is free to the public, will include Dvorak's "New World Symphony" and Miklos Roza's "Parade of the Charioteers."

From SP5 to 'doc' in 7,000 easy lessons

The Presidio will soon be losing an Operating Room Specialist, but the Army will be gaining a doctor. SP5 Cass Conaway has been conditionally accepted as a member of the first class of the Uniform Services University of the Health Services. His acceptance will be confirmed pending a physical examination and accreditation of the new medical school by the Liaison Committee for Medical Education.

The Liaison Committee will also determine the rate of expansion for the school, but Captain Robert K. Gifford, Director of Admissions, estimates that the class will probably reach a maximum of more than 150 students within the first few years.

SP5 Conaway is one of 24 students chosen for the first class from approximately 1700 applicants. Among other requirements, applicants must have an undergraduate degree and have completed all the pre-med courses. The 4-year school will be in Bethesda, Md. Students will be commissioned in whatever branch of service they join.



By Carol Cronin

Friday, 11th Rudolph Valentino is at his swashbuckling best in Son Of The Sheik (1926). Vilma Banky and Agnes Ayres join him in his last film. Clark Gable and Loretta Young follow with the Jack London story Call Of The Wild (1934). The two films are being shown at Avenue Photoplay, 2650 San Bruno Ave., tonight at 8:30p.m. Admission is $2.00.

Saturday, 12th The International Tunnel-Enduro Races are being held in the Bay off Candlestick Park from 9a.m. to 3p.m. today. Six, one-hour races will involve 186 high speed power boats. Preferred parking and parking in the Cow Palace parking lot will be available for $2.00. Shuttle bus service will be provided to the site.

Sunday, 13th Union Street is sponsoring the first district celebration in honor of the Bicentennial this weekend. USA for A.C.T., or Union Street Association for American Conservatory Theatre has arranged the festivities which include entertainers, merchants, artisans and craft people displaying their wares from specially constructed booths. Union Street, from Gough to Fillmore, will be closed to traffic from 10a.m. to 5p.m. today for the event.

Monday, 14th Take a walk through the world of plants with Ida Geary any Monday. Those interested meet at the Fort Point Promenade Classroom, Bldg. 672, (near Crissy Field) at 10a.m. Classes in plant printing, marine algae pressing and plant pressing among other botanical techniques, are taught from 10a.m. to 3p.m. Tuesday through Friday. The classes are free. Phone 556-1693 for more information.

Tuesday, 15th The Asian Art Museum is hosting "Indian Drawings and Painted Sketches, 16th thru 19th Centuries," the first fullscale exhibition of Indian drawings ever held. The 79 items come from the Asia House Gallery in New York, and represent a variety of styles from folk and traditional, Mughal, Deccani, Rajput and Company Schools. The museum is open 10a.m. to 5p.m. daily and admission is 75 cents (18 to 65 years), 25 cents (12 to 18 years).

Wednesday, 16th The Troika Balalaikas provide an evening of Russian folk music at the Exploratorium tonight at 8p.m. In addition to playing such traditional instruments as the balalaika, the prima domra and the Russian guitar, they sing, dance and dress in authentic Russian folk modes. Admission is 25 cents.

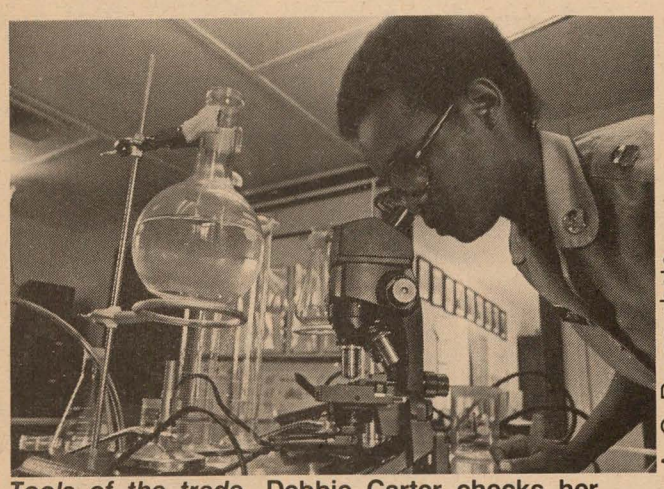
Thursday, 17th A display of Turn of the Century Posters, plus three important drawings by Maxfield Parrish will be shown at the California Palace of the Legion of Honor through July 18. The museum is open 10a.m. to 5p.m. daily. Admission is the same as for the Asian Art Museum (see Tuesday).

Star Presidian

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Colonel Warren J. Lodge, commander
Major Michael J. Williams, public affairs officer
Sp4 David M. Ruff, editor
Sp4 Carol Cronin, reporter
SP4 Robyn Sherwood, reporter

Keeping the troops healthy



A. C. Reyes photo

Tools of the trade. **Debbie Carter checks her work for the 227th with a microscope.**

By Robyn Sherwood

Anybody know what the 227th Medical Detachment is? Your answer probably goes something like . . . the what? Well, suppose you were then told they are that unit located across the street from the Ft. Scott PX with a strange looking guidon and the word 'Epidemiology' written on the front of the building. Still doesn't ring any bells?

The 227th really does exist and performs a real service on the Presidio. This is a preventive medicine detachment whose mission is "to investigate and evaluate conditions which affect the health of the personnel on the Presidio and surrounding community by collecting and evaluating medical data for the prevention and control of disease and injury."

Some projects they are presently involved with include monitoring possible points of water pollution discharge here. They have also surveyed 20 Army Reserve centers scattered as far north as Eureka, east to Las Vegas and south to Santa Cruz. In addition to possible water pollution they have evaluated these sites for air and noise pollution. The reason for these and the Presidio surveys are to insure that the Presidio and its subinstallations comply with standards set by the Environmental Protection Agency.

The 227th also conducts monthly sanitary inspections at dining facilities on the Presidio and, during the summer months, the visiting reserve units at Forts Berry and Cronkite. The purpose of these inspections is to insure proper sanitary methods are used in handling, preparing, and serving food to protect the health of the soldier who uses the facilities. It also affords an excellent opportunity to keep mess stewards, officers, and commanders informed of the health standards of their facility.

Most recently the 227th has combined its efforts with the Presidio's Food Services Division in order to determine the Presidio's 'Best Mess of the Month' and to award the best mess of the quarter. The goal of this joint effort is not only to give recognition to the dining facility which has done the best job but to provide assistance in improving the services these facilities provide for the soldier.

The mission of the 227th is not confined to a garrison situation. As a STRAF/REFORGER unit they are capable of providing preventive medicine services in a field situation. Their main responsibility in this area is to insure that units still maintain proper sanitary standards in field training environment.

Another service the 227th is capable of providing is mass immunizations. Unit personnel were involved in innoculating thousands of Vietnamese refugees at Ft. Chaffee, Ark.

To sum it all up, the mission of this unit is to protect the health of the troops and the environment on the Presidio.



Giants' baseball discount ticket program

Ten box seat tickets for nine Giants games, including all Sundays, one Saturday, and the Labor Day games, are available from the information/tour/travel center for only $1.50 per ticket. The next game will be on July 4, the Giants vs. Atlanta. A drawing for the ten tickets will be held on June 24. Active duty military personnel assigned to the Presidio may submit their names, in person, any time up to 5p.m. on June 23. For further details call the ITT center, 561-5480, Monday thru Friday between 1p.m. and 5p.m.



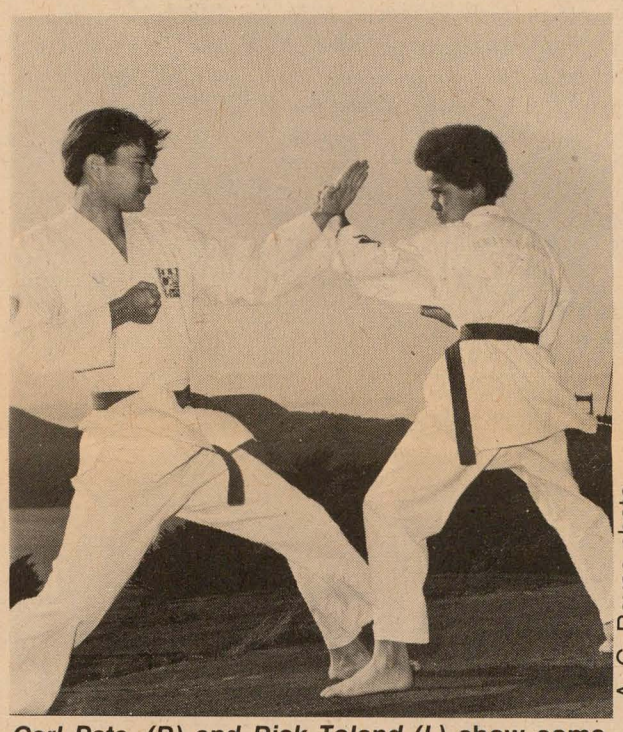
A. C. Reyes photo

What a difference **a little paint can make. On-post housing recently received a new coat of paint, courtesy of Post Engineers.**

Cal-Pal, Bantam major/minor league baseball games

Schedule for these games (CAL-PAL played at Paul Goode Field and Bantams at Pop Hicks Field) is as follows:

June 12, Corpus Christi vs St. Vincent de Paul (Majors) ..... 1:30p.m.
June 12, Phils vs Yanks (Majors) ..... 3:30p.m.
June 12, Oaks vs Oakland (Minors) ..... 9:30a.m.
June 12, Totems vs Seals (Minors) ..... 11:30a.m.
June 12, Dodgers vs Mission Lions (CAL-PAL) 11:00a.m.
June 14, Seals vs Oaks (Minors) ..... 5:30p.m.
June 15, Yanks vs Corpus Christi (Majors) ..... 5:30p.m.
June 16, Solons vs Oakland (Minors) ..... 5:30p.m.
June 16, Dodgers vs AHCP ..... 5:30p.m.
June 17, Twins vs St. Vincent de Paul (Majors) ..... 5:30p.m.



A. C. Reyes photo

Carl Pate, (R) and Rick Toland (L) **show some spirited sparring during their tae kwon do practice.**

Youthful kicker takes prize

Taekwondo schools from all over Northern and Southern California converged on May 8 at the Oakland Auditorium to show their ability and prove that hard work and training can made you a champion. Carl Pate, who trains three nights a week, won First Place in the Junior competition for 13 year old boys. Carl's parents were, to say the least, elated. According to Specialist 7 Hugh Pate, his son Carl has been attending classes since arriving at the Presidio about three years ago. According to his teacher, Carl was instructed to use combination techniques to confuse his opponent. One of Pete's strong points was his side kick, which he used quite successfully in keeping his adversary away and stopping him. While this was Pate's first win, his teacher has encouraged him to enter competition next year.

Discount day at Marriott's GREAT AMERICA

Tickets are now on sale at the information/tour/travel center to all active, retired, and civilian personnel of the Presidio for a special discount day at Marriott's GREAT AMERICA in Santa Clara. The regular adult admission has been reduced from $7.95 to $6.95; the children's (ages 4 thru 12) from $6.95 to $5.95. Bus transportation is available through the recreation center for active and retired personnel and their dependents. For further information or tickets contact the ITT center, 561-5480, Monday thru Friday between 1 and 5p.m.

On **Saturday,** a Kids Pet Clinic will be held at 1p.m. in the Prince Room of the Recreation Center, during which the Post Veterinarian will tell kids how to better care for their pets.

Ride 'em cowboy!

A bicycle rodeo will be held on the Main Parade Field Saturday, June 12, from 11a.m. to 4p.m. Activities will include bicycle registration, safety inspection, movies, and evaluation of riding skills. All activities are free and participants will receive a California bicycle license, a safety tag for their bicycle, and materials on bicycle safety. Everyone, child or adult, is encouraged to attend with their bicycle.

Army tracksters take to field

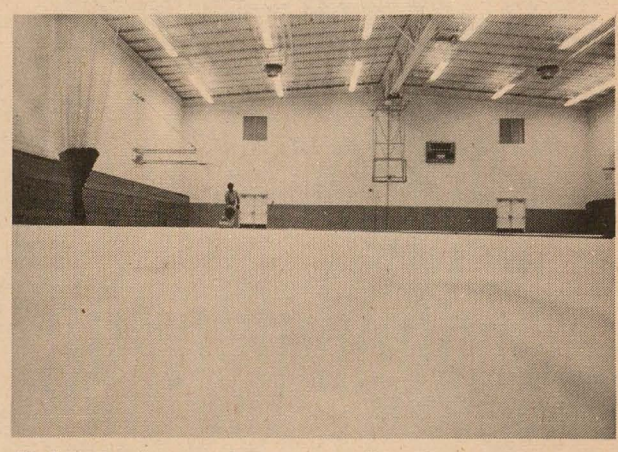
Members of the US Army Track Team face grueling competition at UCLA this weekend in the fierce scramble for a coveted berth in the Olympic trials. Two Presidio men who deserve watching are Tom Hill, who competes in the 110 meters high hurdles, (Hill won a bronze medal in the '72 Olympics at Munich, Germany, and that medal has only whetted his appetite for the Gold) and Tommy Haynes, who is the American record holder for the triple jump event.

Presidio runner sets record

Presidio's Gerry Garcia of the Presidio set a new meet and stadium record for his 10,000 meters at the Pacific AAU Championships on June 6 at San Mateo College. As second in the nation in 75, Garcia looks to be on his way to the National AAU and Olympic Trials.

Presidian Sing-fest winner

The Best of Festival Award Winners from the 1976 All-Army Festival of the Performing Arts have been selected to perform in Kennedy Center's Concert Hall, June 25-27, in the All-Army Festival "Showcase Salute." Major Brad Paulson, an anesthesiologist resident at LAMC, is included in the list of winners. He'll be performing a semi-classical vocal number along with other worldwide Army talent in the Washington, D.C. concert.



A. C. Reyes photo

Main gym's court **temporarily closes for resurfacing. People showing up at the Main gym, are treated to the wide, bare expanse of floors being resurfaced.**

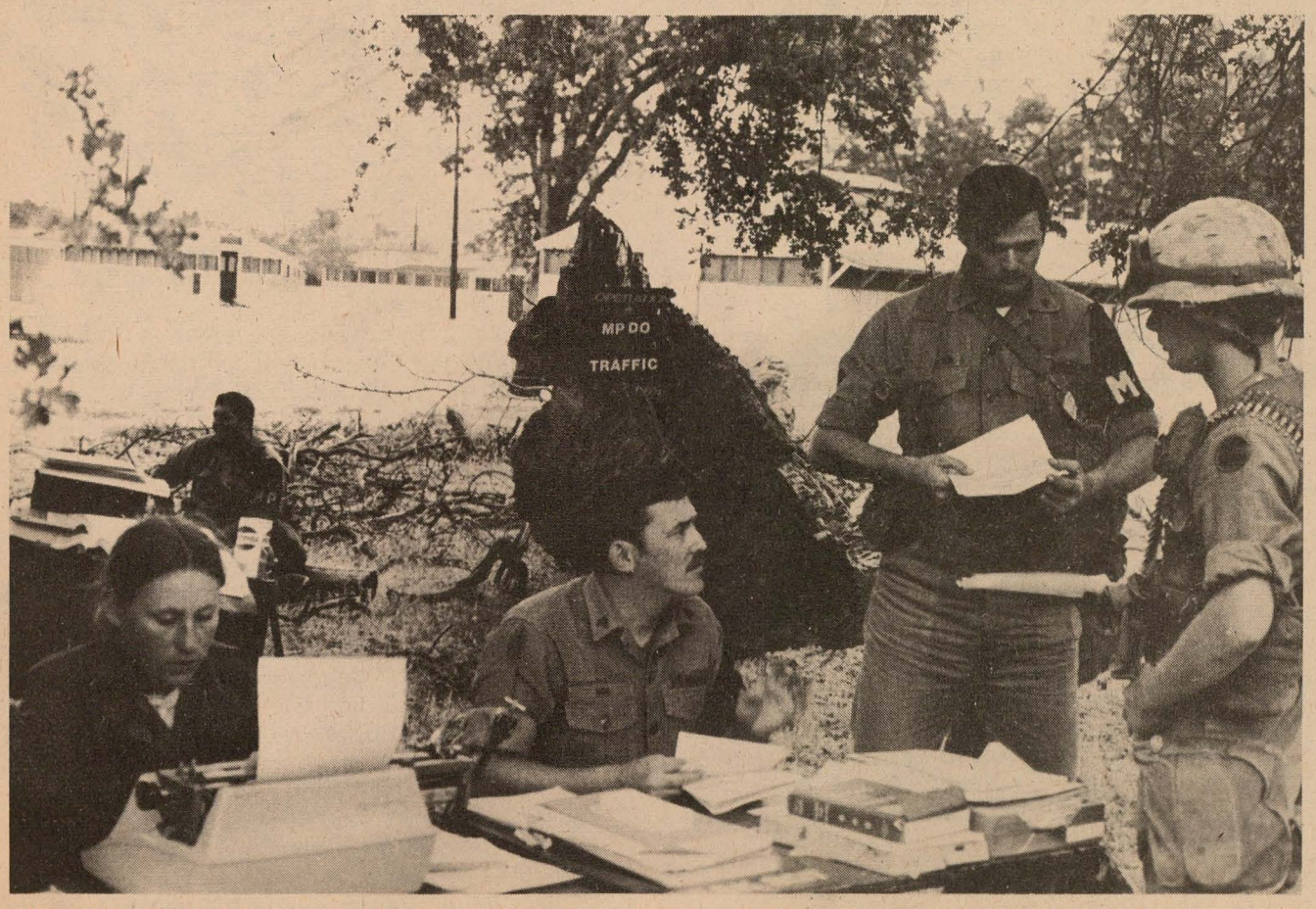
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Star Presidian

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Take to the hills, troops



Handling field training problems ranging from traffic accidents to larcenies provides work for **garrison MPs, SP4 Carol Powell, Sgt. Robert Goo, and Sgt. Roger Pointer.**



U.S. Army photos by SP5 Richard L. Johnston

Field work can make a troop hungry. **Sgt. Dennis Cottone prepares for a lunchtime invasion.**

Leaving the Presidio on the 6th, the 402nd MP Battalion motored to Ft. Ord to begin their week of field training.

The MPs had to qualify with the M-16 in day and night fire. The M-60 was also fired for familiarization.

After the rifle qualification, the troops motor marched from Ft. Ord to Hunter Liggett, where they set up a defense position to conduct the Army Training Evaluation Program (ATEP).

The ATEP consists of a number of exercises which include: circulation control, prisoner of war operations, MP station operations, convoy escorts, both day and night, physical security, traffic reconnaissance, control of civil disturbance, patrol of area operations, performance of organizational support activities, rear area protection operation and operating in electronic warfare environments.

"We feel the company training was outstanding and beneficial. Right now, we're looking forward to the ATEP field problem from the 8th of July through the 15th, at Camp Roberts," stated Staff Sergeant Ray Beaugrand, NCO of the company.

Special thanks to Fort Ord's Capt. Krump for help with Hunter Liggett photos.



Paper work is taken care of on the spot **by two MPs during a field training exercise at Hunter Liggett.**

Drought a grim reality

By Robyn Sherwood

"Water, water everywhere, but not a drop to drink."

This could be the Presidio's motto if a water conservation program is not initiated. But, initiating is not the whole story. People have to be involved to make any solutions possible.

"There's usually a water shortage on the Presidio every year. But, this year we've only received nine or 10 inches of water, where we normally get 20 inches. And the little we've gotten is running off the ground into the gutters," stated Mr. Rudolph Choun, post agronomist.

"Lobos Creek and underground wells on post supply our water. Right now we're having to buy 37 percent of our water from the city of San Francisco. This involves 1,600,000 gallons of water a day at a cost of $11,625 a month. If it gets any worse, we may have to adopt water conservation methods similar to those in use in Marin County," added Mr. Choun.

To avoid any serious water shortages, or restrictions, it is suggested by the post agronomist that some methods of conservation be used by the people of the Presidio on their own.

Some of the self-help suggestions are:

Do not use lawn sprinklers for more than 15 minutes in each place. (Let the water run for 15 minutes, move the sprinkler to another location, 15 minutes there, and so on.

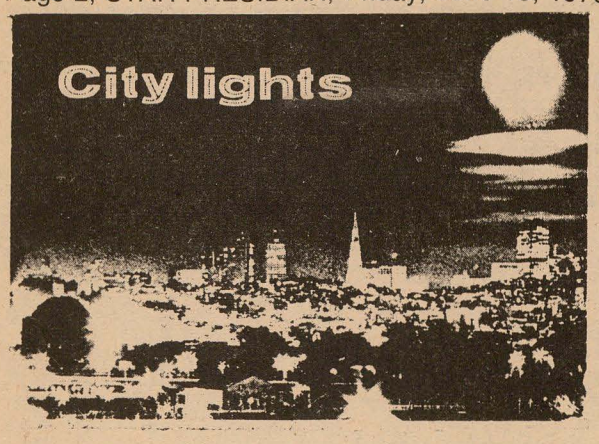
Do not wash down sidewalks, driveways or other hard surfaces that the water would only run off and into the gutter.

Use a bucket of water to wash cars instead of a hose or running water.

Don't use sprinklers for children to play in or to fill wading pools.

Build soil saucers around plants so the water you use doesn't leave the proper area.

"We have some aerifying machines people can borrow. These make holes so the water goes into the ground instead of the gutter. We also have some soil available. If anyone needs it to make soil saucers they can call 3372 and we'll tell them where to get the five-gallon cans of dirt," explained Mr. Choun.



By Carol Cronin

Friday, 18th Local school children take to the sidewalks armed with chalk to express their artistic talent today at the Upper Grant Avenue Street Fair. The "Chalk-in" will occur at 2p.m. between Vallejo and Filbert Streets. The fair will continue Saturday and Sunday with a collage of paintings and crafts with many of the creators at work.

Saturday, 19th On your mark, get set, sail! At 11:30a.m., 16-20 magnificent oceangoing yachts will begin a 2 1/2 hour race on the Bay between the Golden Gate Bridge and the Ferry Bldg. Before and after the race the yachts will be at anchor at Aquatic Park and the St. Francis Yacht Club.

Sunday, 20th Go fly a kite—at the 4th Annual San Francisco International Kite Festival. The sky above the Polo Field, Golden Gate Park, will be a kaleidoscope of colors when thousands of kite fanciers flock to the area. Prizes will be awarded in many classes—beautiful, funny, small, large, fast and high. The festival will be from noon to sunset.

This year's free Stern Grove Concerts are kicked off by Dance Spectrum, a modern ballet company. The company salutes San Francisco through dance in the natural amphitheatre sheltered by eucalyptus, redwood and fir trees. The concert begins at 2p.m. but come early with a picnic lunch and get a good seat on the grassy slope.

t Flash. . .Hot Flas

Rec center notes for the unwary

Be aware of strangers in your neighborhood. Salesmen and solicitors are required to have a Post permit to conduct business on Presidio. Workmen and delivery men at a house when the occupants are gone are worth checking into. Recently a man dressed in workman's overalls with embroidered lettering on the back has been noticed looking through windows and writing down information in some housing areas. He may have legitimate reasons for his suspicious activities, or he may be checking for good prospects to burglarize. If you observe this person or any suspicious person or activity, write down all information-descriptions, license numbers, etc., and notify the Military Police at extension 2252.

Job bank

Do you need students to mow your lawn, babysit, wash your windows, do your typing, walk your pet orangutan or water your plants while you're on vacation? Army Community Service operates a Job Bank and has teenage students ready, willing, and eager to work. Call ACS Job Bank 561-5057/5155/5156 and let them know what type of job you need done.

If you are a military dependent, 14 years or older, and you want to work full or part-time, stop by the Army Community Service Office located at Building 913 anytime between 8:30a.m.-2:30p.m., Monday thru Friday. After you fill out an application and complete your pre-employment interview, you might possibly find a job ready and waiting for you.

PX cutbacks in Korea

Many dependents of military retirees in Korea will not be permitted to use PXs and commissaries there after July 1. This is an extension of the previously announced policy which covered individually sponsored dependents of active duty soldiers. Dependents of retirees now in Korea, those who arrive before July 1 and those whose sponsor obtains a resident visa before July 1, may receive support until July 1, 1977. Support for dependents of retirees without resident visas ends on July 1.

Hard labor possible

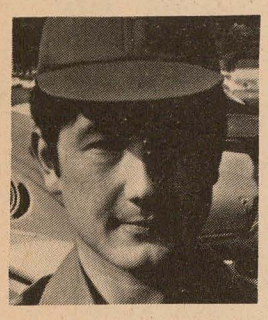
Thirty days confinement at hard labor may again be handed out by summary courts-martial, after a recent Supreme Court decision that soldiers have no constitutional right to be represented by a lawyer in such trials. With the requirement for counsel at a summary courts lifted, confinement may now be imposed. Previously, no confinement could be imposed unless a soldier was represented by counsel.

Summer church school

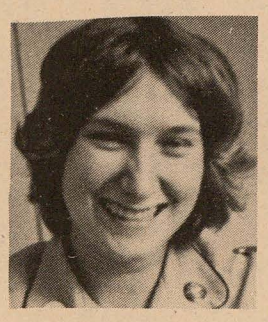
Vacation church school will be held from June 21 through July 2 in the religious activities center, Bldg. 682, from 9a.m. to 11:30a.m. Teachers and aides are still needed to serve all ages from three years through sixth grade level. If you can help please call 561-3535/4440. VCS is available to all Catholic and Protestant children of Presidio personnel. Bus transportation will be available.

Ramblin Sam

What would you do if approached by a homosexual?



PFC Gary Wallman, Orderly Room Clerk, HQS CO USAG: I would treat him just like any other person ... up to a point. I mean, like once he starts getting funny, I would simply walk away. I respect his rights to his lifestyle, but just so long as he does not infringe on mine.



Sheryl Hennessy, DCO Driver, Hqs Co USAG: I am certain that there are individuals who prefer their own. I am also very certain that I have no interest whatsoever.

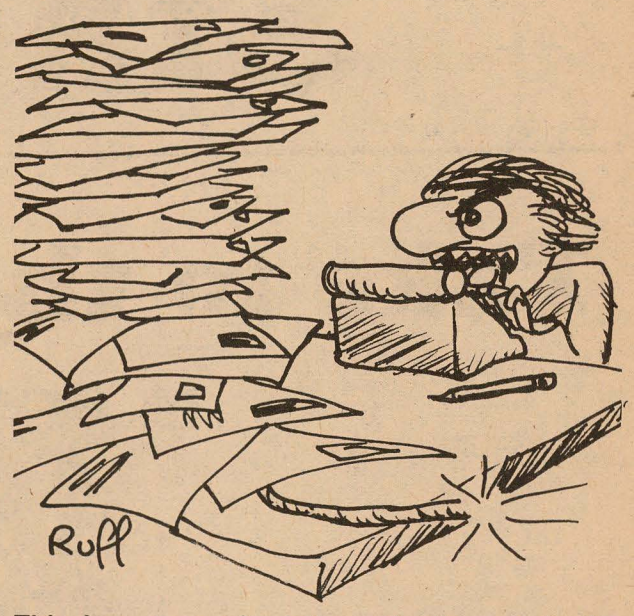


SP5 Sandy Walles, Clerk Typist,CID "Wow, man, like I'd waste no time in telling her that's not my bag at all, not at all."

?

Name and picture withheld by request:
It wouldn't bother me in the least. My roommate last duty station was one, I mean, you couldn't live closely and not notice it. But she was a great person otherwise.

Letters



This is a copy of a letter actually sent to the Secretary of Agriculture, Washington, D.C.

Dear Mr. Secretary:

My friend Bordereaux received a $1,000.00 check from the Government for not raising hogs and I am going into the not-raising hogs business.

What I want to know is what is the best kind of land not to raise hogs on and what is the best kind of hogs not to raise. I will just as gladly not raise Durocs or Poland Chinas.

The hardest part of this business is going to be keeping an individual record of each one of the hogs I do not raise.

My friend Bordereaux has been raising hogs for more than 20 years and the most he ever made was $400.00 in 1918—until this year when he received $1,000.00 for not raising hogs, etc.

I plan to start off on a small scale, holding myself down to 4,000 hogs for which I will, of course, receive $80,000.00

Now these hogs I will not raise will not eat 100,000 bushels of corn. I understand you pay farmers for not raising corn. Will you pay me for not raising 100,000 bushels of corn, which I will not feed to the hogs which I am not raising?

I want to get started as soon as possible, as this looks like a good time of year for not raising hogs.

Very truly yours,
Octave Brussard

P.S. Can I raise 10 or 12 hogs on the side, so we can have a little ham and bacon to eat?

Dear Sir:

I would like to know just what's going on around here! Doesn't the PX management have any idea of what constitutes suitable shopping hours? I, like most soldiers around here get off work at 4:15p.m. By the time I walk over to the chow palace, have supper, and get back to the barracks, I barely have enough time to do my shopping. While browsing, I am suddenly disrupted by a voice telling me that I only have so many minutes to get to the cashier.

Another beef: Monday night me and a friend were at the NCO Club, enjoying a drink, when at 8:30 the manager tells us that we have to leave, they are closing the bar. I turned around and counted seven people. The reason, according to the manager, was that there weren't enough "drinking" customers. I can understand that. But at 8:30? Come on, how in the world can they expect the club to be solvent?

I am more and more disillusioned with the way things around the post are run.

SP4 Susan Olson, Our PX is now closed on weekdays at an unreasonable time and the NCO club is almost being shut down completely.

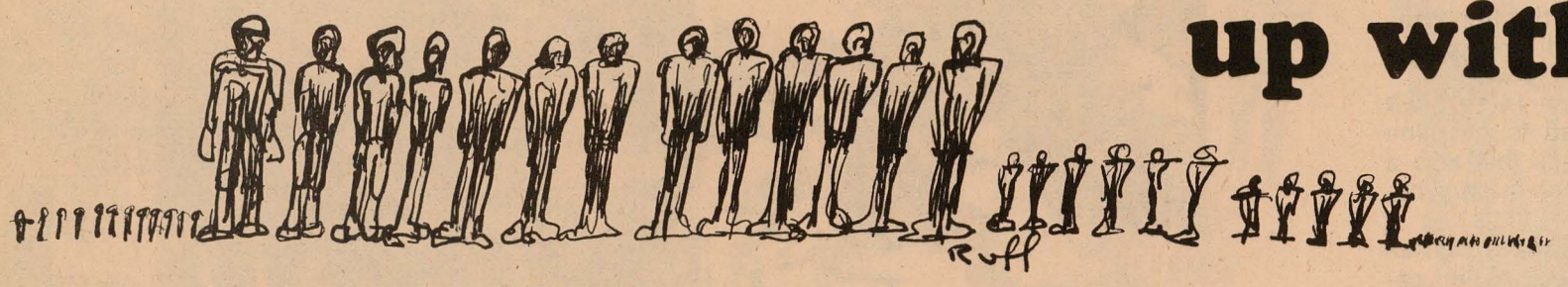
Star Presidian

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Volunteer Army, part II

Supply and demand catches up with Army



By Carol Cronin

Anyone with a poor attitude toward travel, discipline, green uniforms and training to prepare for our national defense, don't bother joining the Army. We have enough volunteers without you.

Obviously the Army doesn't advertise like this, but enough people are enlisting in the Volunteer Army that people are being turned away, and qualification standards have been raised. Captain Alan Paczkowski, Chief of Recruiting Operations, Western Region Recruiting Command (WRRC), reports that "The quality of people enlisting has improved tremendously. Close to 70 percent of our enlistments for fiscal year 1975 had high school diplomas or had passed the General Education Development (GED) test."

But does an educated soldier necessarily make a good soldier? How motivated is today's soldier to do his best job for the Army?

Colonel George Tronsrue Jr., Commander, HQ U.S. Army, WRRC, who has served as a field brigade commander, said, "In the last few years, I've found soldiers more willing to admit that they're in the Army because they think it's the right thing. The negative pressure from the civilian community is less inhibiting."

The draft was ended in 1970 amidst massive predictions, pro and con, concerning the feasibility of a volunteer force. After five years of adjustment, the Army is attracting enough people voluntarily to quell the doubters.

The success of the volunteer Army has been largely influenced by the fading of Vietnam War memories. Tronsrue said, "I have seen the nation's attitude change in the last five years from blind and rampant anti-militarism to a more realistic view." Reinstatement of Harvard's ROTC program, which had been abolished during the Vietnam War years, is under serious consideration. The same program was suspended at Princeton, but resumed three years ago.

Lora Shaner, with public relations for WRRC, talked about the recruiting advertising campaign. "During the draft we spent relatively little on advertising. What we did spend was geared to a very general audience. 'It's your future, your decision, go Army' was a typical slogan. We didn't go as much into options since there weren't as many."

When the Army first dropped the draft, they catered to the potential recruit through campaigns such as "today's Army wants to join you," but that campaign didn't last long. They're now using the slogan "join the people who've joined the Army," among other campaigns geared to specific audiences such as high school graduates, college students, women, etc.

What major changes have been made?

Captain John Gates, Company Commander, D Co. 864th Eng. Bn. (Combat Heavy) said, "Discipline has changed more than lessened. Today's young soldier is much more attuned to the law and his rights. People are being disciplined on an individual basis.

"We are getting more highly skilled people now, versus educated people during the draft. Most people I work with have a good attitude. The Army is more competitive these days, so there's greater challenge.

"Since we are a combat unit we are very tightly knit, so there is more interaction than in some units. As a result the feeling of unity and esprit de corps is greater."

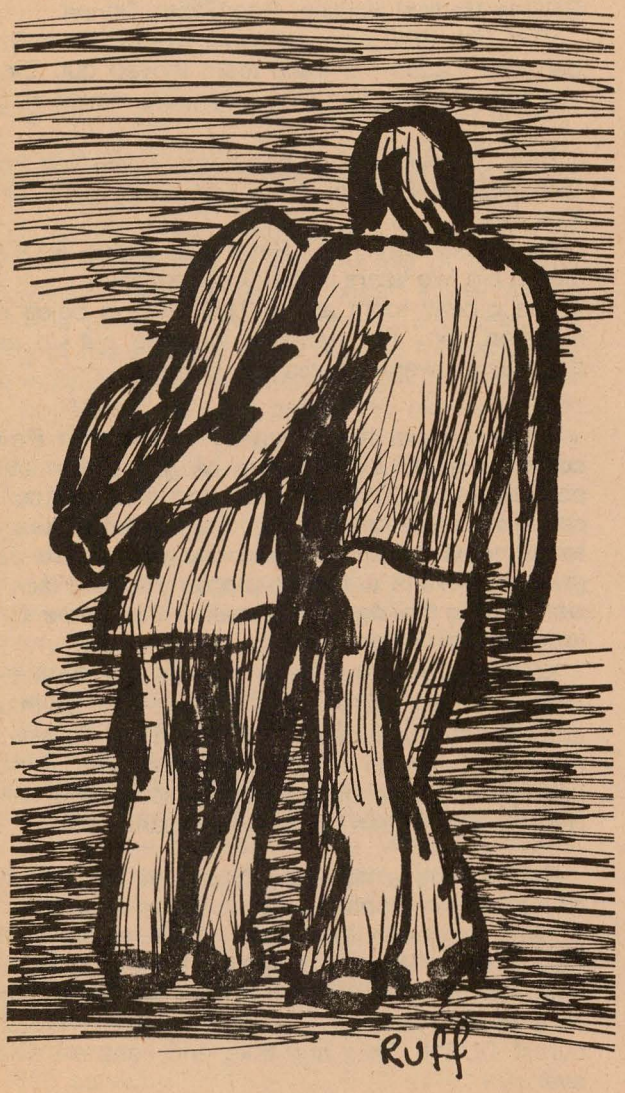
Col. Tronsrue sees a difference in the roles of the leaders. "The young soldier expects his leaders to explain why something has to be done. But that can't always happen. Leaders must convince their followers in times of peace of the worth of their judgment, so they will obey unquestioningly when it is necessary.

"However, basic leadership hasn't changed. Leaders have always been and must continue to be careful to take care of their people. Part of a good leader's role is to provide opportunities for his people."

But don't eliminate all your visions of a returning draft. It's still a vague possibility. The Defense Manpower Commission recommended to the President and Congress on April 19 that a "standby draft" be initiated.

Part I

The new morality



By A.C. Reyes

Are today's teens more precocious on sexual matters than their parents were? In order to find out, the Star Presidian talked to parents, teenagers, doctors, counselors, and others.

Conclusions: Today's teenager matures faster, has more mobility, and starts discovering, and experimenting with sex at a much earlier age. Increasingly sophisticated, and much more honest about their feelings, today's teen is also more likely to get into trouble. And this they do, in ever larger numbers.

Surprisingly enough, most teens, when approached correctly, will volunteer information freely. Take the two 17-year-olds who admitted, "As a matter of fact, my mother and I were discussing it two weeks ago, and she said that if there ever was a question of having a need for contraceptives, perhaps a visit to our family doctor would be called for. And whenever you can have that kind of communication with your parents, or in this case your mother, I mean, without any of you getting uptight, it is great. Who approached the subject? I did."

Some very young teens are understandably wary. "I don't know, it is a very personal thing, no, please don't do that, will you please turn it off? (the tape). No, I did not have any trouble at all (getting the prescription). The people at the clinic were very understanding, like a big sister, you know? They did talk to me for the longest time, or so it seemed, and I did have to get an examination, but I did get my pills. Oh, I know it sounds so cold blooded, but I really don't want any hassles, and besides, there's this boy that I really like ... "

Still another teen exclaimed, "Sexually active? I don't sleep around, if that's what it means, and I certainly don't want to risk getting pregnant. The other methods are just a bit too much, ugh! So I settled for the pill."

The questions were very simply phrased, and they centered around the possibility of getting pregnant, if they were sexually active, and how did they consider abortion. In every case, getting pregnant was the thing to avoid at all costs, followed by making sure that their parents did not catch on. That they also risked venereal disease was something that simply did not bear thinking about. They know of the risk, but for some reason don't want to admit it. As one of them said, "Hey, like there is the free clinic, you know?"

Perhaps because of its simplicity, this response is the one that really stood out: "If I ever, ever get into a situation that I can't handle, and I need help, I would ask my parents. I have found out that if you trust your parents and they trust you, well, they will stick by you, and that is really beautiful."

Next week: how do parents feel . . .

The unrecognized benefactor

When today's housewife buys freeze dried foods, canned bakery products, or instant beverages, she may wonder who made these convenience foods possible, but she would probably not guess the answer. The United States Army.

The Army's 201st Birthday on June 14 1976 will not only honor a force which has fought nine major wars involving 167 campaigns, but also a force which has provided many non-military benefits to the U.S. citizen.

Through the years, the Army has made significant contributions to the fields of medicine, education, economics, sociology, civil works, technology and disaster relief. A few examples:

-Army physicians have assisted materially in providing the cure for digestive system disorders, improving hospital hygiene, treatment of mental illness, prevention of malaria and hookworm, and finding cures for many other illnesses.

-Today's National Weather Service is a direct descendant of the weather service founded by the Army's Signal Corps, and the Corps developed much of the instrumentation that has gone into modern weather forecasting.

-The Army Corps of Engineers is the Nation's foremost water resources development and management agency, to include being a prime mover in the current drive for clean water. Its successes also include developing the waterways and harbors which today link our country to the ports of the world.

-The Army has traditionally played a major role in disaster relief to include such disasters as the Alaskan earthquake of 1964, Hurricane Agnes in 1972, and the recent earthquakes in Nicaragua and Guatemala. Not well known are its yeoman efforts to help the tens of thousands of Civil War refugees who were without means of support. The Army's Bureau of Refugees at that time fed the needy, monitored labor contracts to assist in providing jobs, resettled people on Bureau acquired land, and operated many hospitals.

The spillover of military research into the civilian sector continues today. For example, Army scientists and engineers have devised a system to convert many kinds of waste into glucose sugar, and it is technically feasible that this process will be in operation on a large scale by 1980, thus solving one of our Nation's major ecological problems.

Tykes tackle bucking bikes

Photos by Lisa Kanemoto



Benjamin Balderson presents his Big Wheels **for safety inspection.**



Checking air pressure and tread **on the bicycle tires is only one of the steps at the Bicycle Rodeo safety inspection.**



Darlene Bridges displays her skill **on her "wild bronc" for one of the judges at the Bike Rodeo.**

Mention the word rodeo, and to most kids it conjures visions of bucking broncos, prat falls in the sand, and all the accompanying hoopla. However, a bicycle rodeo, well, that's a horse of a different color. Mix in good ridin' weather, kids out of school, and slightly hysterical parents (at the prospect of having the kids underfoot for three months), and you have pandemonium.

Held on June 12, the event attracted dozens of kids with their bikes. Participants in the rodeo soon found out it wasn't all fun and games. There was a written test to complete, the bicycle had to go through a safety inspection check, and, on passing, a green and white sticker was affixed to the bicycle. Then came the fun part, the skill riding test. Kids maneuvered, fell, zig-zagged through a carefully laid out course with day-glo orange witches' hats (pylons, you dummy), some fell, some hit the barriers, but everybody had fun.

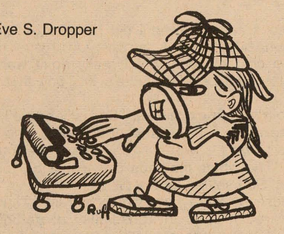
After the last knee was dusted off, the organizers found out that 33 bicycles had been registered and licensed. There was also a Big Wheel, and after thoughtful deliberation, it was included. The Big Wheel did very well in the riding test, I guess having three wheels does help.

According to organizers of the Rodeo, licensing provides the owner with all pertinent information on the bike. This can mean the difference of getting your bike back if it should be stolen.

The secret eye

A gathering of people and events under the watchful SP typewriter

By Eve S. Dropper



Wandering around the Presidio this week, I actually managed to come up with some sun! It's almost enough to make me think summer has actually come to San Francisco. But, I'm a little skeptical about how long it's going to last.

The 504th MP's came back from a week in the field. I heard they had some outstanding field work. More about that later ...

The 170th had SP4 Tim Young PCS to Germany. Hope he likes it there. Tough if he doesn't. Sgt. John Mathews was alerted to Korea for September. Good luck, Sarge.

Then there's Staff Sergeant Emmit Johnson of the 170th who's supposed to ETS soon. But, he's still thinking about it ... Hope he makes the right decision, for him.

Congratulations SP4 Stanley Hill. Being promoted to four after two years must feel good.

There's a stop sign down by the PX. And I mean down. Hope someone gets around to fixing it soon. It seems to cause even more traffic problems than normally exist. The last thing needed by the PX is traffic problems.

There's going to be a reenlistment ceremony today at Co. D 864th. SP5 Jeffery Corker, SP5 Joseph Fields, S.Sgt. George Genron, SP4 Michael Patrick, and Sgt. Frank Burgess will be either reenlisting or extending. At least some decision was made ...

A new soldier joined the 864th. SP5 Richard Lind, hailing from Seattle, Wash., arrived on the Presidio from Germany. Hope the Presidio is as enjoyable as Germany. (Actually, I hope it's more enjoyable than Germany.)

More people come into the 864th D Co. than any other place I know of. This week welcomes: PV Anthony Martinez, PV Scott McCrumb, PV Mark Parrott, PV Craig Bumpus, PV Gilbert Rucker, and PFC Donald Korners, all coming from AIT at Ft. Leonardwood, Missouri.

Also, Chief Warrant Officer 3 Jerold K. Evans, booked in from Germany. I hope there's room for all the new arrivals. Enjoy ....

With seven new arrivals, the 864th did lose PFC Brian Peterson to the 802nd Engineers in Korea and SP5 Julius Lock to the 44th Engineers in Korea.

D Co. 864th has gotten some new troopies: Pvt. Chris Colon, Pvt. Jorge Acevedo, Pvt. Michael Clauch, PFC Gerald Klofanda, Pvt. Royal Towns and Pvt. William Shaffer. All came to the 864th from AIT at Ft. Leonard Wood. There's also a SP5 John McVade, cook, coming from APO New York, possibly Germany. Welcome to the Presidio, guys. Hope you like looking at the orange Golden Gate ...

Wednesday, Thursday and Friday of this week the 16th BPO is involved in a FORSCOM Postal Inspection. Hope everything stamps out well ...

Pvt. Donna Lineer was reassigned from the 16th BPO to Medical Holding. Good work, Donna.

The 16th BPO also got some extra room in their barracks 'cause the track team moved out. Didn't last long, though. The 51st Engineers moved in ...

SSgt. Ernest Thomas has been reclassified from 16th BPO to Combat Arms and is off to Ft. Ord. Nice duty ...

And yesterday PFC Peter Sanfillippo ETS'ed after a big two years in the Green Machine.

The orderly room at the 16th BPO is being remodeled, too. The paneling is being put up and the ceiling lowered. Puttin' the shine on.

There was a fire down by Inspiration Point covering a 30' by 30' area. A grass fire, supposedly set by some kids playing. Parents, come on. Don't you know your responsibility lies in teaching your children the dangers a fire can present? This is a serious problem now. A lack of water, plus the dry grass makes this prime time for serious trouble.

Memo to the Hof Brau line at the Post Exchange Snack bar: A smile doesn't cost anything, and negative attitudes do convey a lot. I'd like to think that it was an isolated incident. If not, perhaps you'll be happier doing something else? By the way, it wasn't a very good sandwich.

For winning a city-wide, Standard Oil, beautification slogan contest, Kathy Shay, secretary of ADAP, is gonna get $200. Nice price ... Her slogan was "Plant a perennial for the bicentennial." Nice. Enjoy the beautiful weather. Take care with fires. Get a good tan, but avoid the burns! OUCH! Take and take and keep on whatever.

Bicycles as military weapons

The first suggestion that the velocipede or bicycle might be used as a new technological breakthrough for the infantry was published by a former United States Volunteer, General W.H. Brown in 1868. By the 1890s, both the regulars and the organized militia, then in the process of becoming the modern National Guard, began experimenting with the new machines. Those experiments, like many of more recent years, had the full backing of the industry which manufactured the potential war device. Manuals for the use of the bicycle in both the Army and the National Guard were written by well-known officers and then published by the Pope Manufacturing Company of Boston and Hartford, a bicycle-manufacturing firm. When the manuals were published commercially, the Pope Company placed full page ads in the manuals touting its products in such military-sounding phrases as "victory proclaims the vast superiority of Columbia Chainless Bicycles." Alongside such combinations of service and promotion, there was a genuine military interest in the bicycle in this country as well as in Europe and Japan.

By the middle 1890s states such as Connecticut, New York, and West Virginia had bicycle units within the organized militia. While the regular Army experimented with a Bicycle Corps for long-distance maneuvering, the Guard considered using the bicycle soldiers as couriers, mounted infantry, a mobile defensive reserve, riot control units, and even in an ambulance capacity using two bicycles specially built to carry a stretcher mounted between them.

Both services agreed that the bicyclist was first a specialist in some arm or branch such an infantry or signaling and only secondarily a pedaler. With the exception of the weight limit, which was ten pounds lighter in the regular Army bicycle units, everyone would probably have agreed with the military bicycling principles of Captain Howard Giddings: "cyclists are soldiers mounted on bicycles, either temporarily or permanently. They may be taken from any arm or branch of the service. Only young men of superior intelligence, temperate habits, and sound constitution, who have had not less than three years' experience in cycling, should be selected for this service. As a rule, they should not exceed 5 feet 8 inches in height nor 150 pounds in weight." Captain Giddings was a Connecticut Guardsman and author of the MANUAL FOR CYCLISTS, not a best seller, but a book of instructions on the military uses of the bicycle.





These are two of the suggested formation positions, **squad dismounted and inspection cycles, from Captain Giddings'** Manual for Cyclists

Long fight for military vote

If your father was a member of the Armed Forces, chances are he could not vote. If your grandfather was a member of the Armed Forces, chances are he could not vote, either. And so on back down your family tree.

Consider what a captain with the 10th U.S. Infantry wrote in 1908: "Our soldiers and sailors are forbidden the exercise of the franchise and are therein classed with minors and the weak-minded. It was to be hoped that such exhibitions of prejudice in the fundamental law of our States would never again be repeated, but the latest applicant for admission to the privilege of Statehood in our nation has continued this unjust discrimination against a class of men whose members should be honored rather than degraded."

Disenfranchisement of members of the Armed Forces was due to a number of reasons. The excesses by politicians who pursued military voters, even to the battlefields, during and after the Civil War resulted in general public disdain toward the vote of soldiers and sailors. As one historian at the time wrote, "So many voters were absent (in 1864) that success at the polls was imperiled. Through the importunities of the governors and the acquiescence of the Federal authorities, State hospitals were established throughout the Union. State agents were appointed to visit the hospitals at the front and to bring back all the sick. The sick were placed under the command of the surgeons, and once in the hospital a soldier passed beyond the command of his proper officers. Some of the State agents even followed armies to the front in their efforts to get men away from their commands ... " and thereby get their votes.

This practice also was repeated in 1898 during the Spanish-American War. As the same writer pointed out, this practice led to "grave abuses and much dishonesty." But when their vote was not needed or wanted, members of the Armed Forces were disenfranchised. In 1872 a local political committee wrote to the Secretary of War with a request that read, in part: "There are seventy to eighty soldiers stationed at Fort Porter in this city who are allowed by the commandant to go out on election day and vote ... The vote in our city will be very close and the vote of such soldiers who vote against us in a body will decide the election If they should be retained in the fort on election day it would remedy the situation ... "

The Secretary of War responded by writing to the commandant of the fort, saying, " ... it would be well for the passes granted on that day to be restricted to the two or three usually given. In other words, not to give passes for the purpose of voting."

During the Spanish-American War an attempt was made to pass a law enabling members of the Armed Forces to vote; it failed. Again in 1918 when bills were introduced to enable members of the Armed Forces to vote, they failed.

Some states liberalized their absentee voting laws during World War II in 1941 and 1942, but the laws of most states arbitrarily denied the franchise to large numbers of those in Military Service.

It was the Voting Assistance Act of 1955 and two U.S. Supreme Court decisions in the last two decades, however, that finally paved the way for enfranchisement of all members of the Armed Forces.

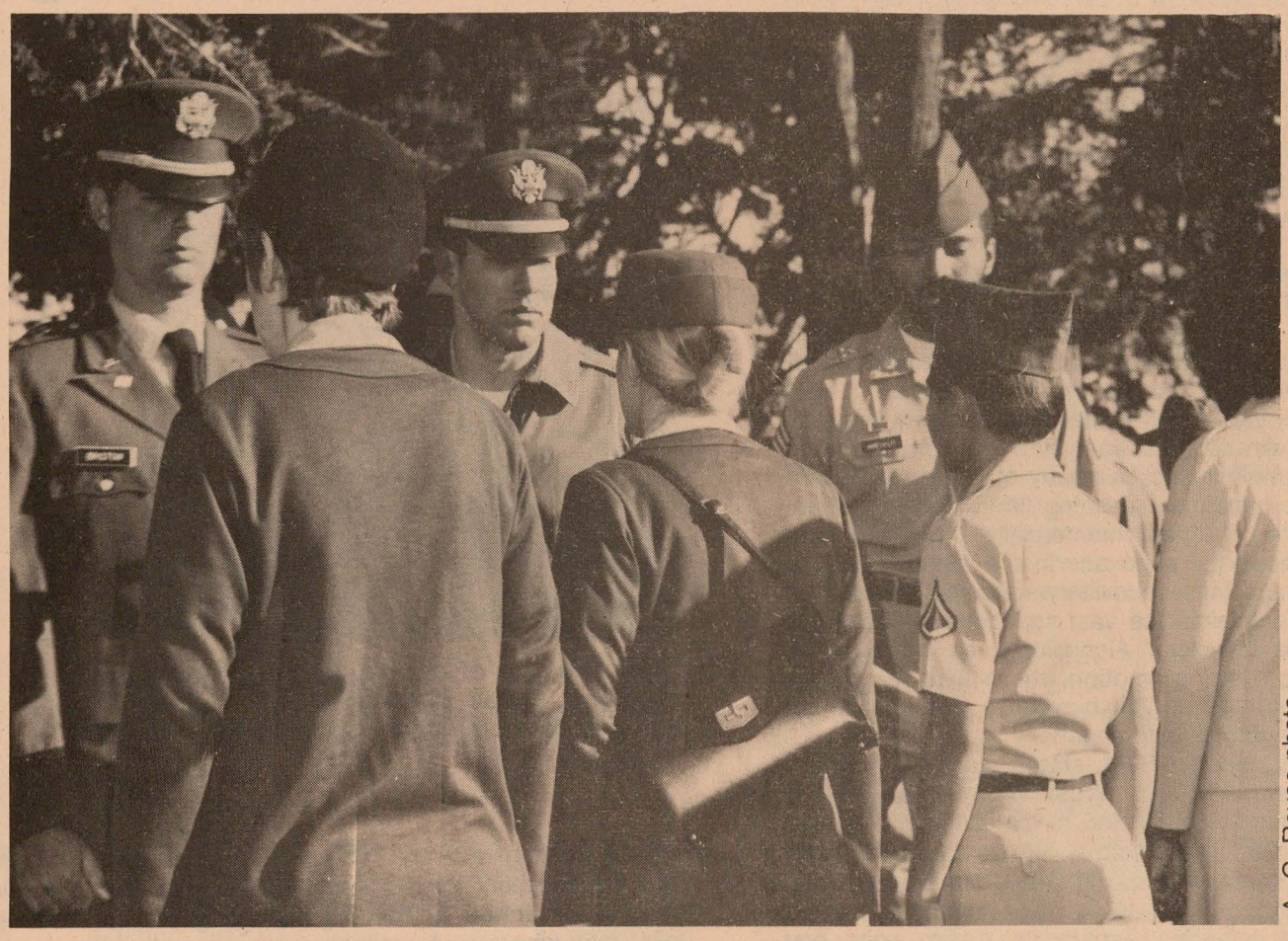
The fight to get Servicemembers the vote has been a long and difficult one; appreciate it, exercise your franchise—Vote!

From the Western Arrow



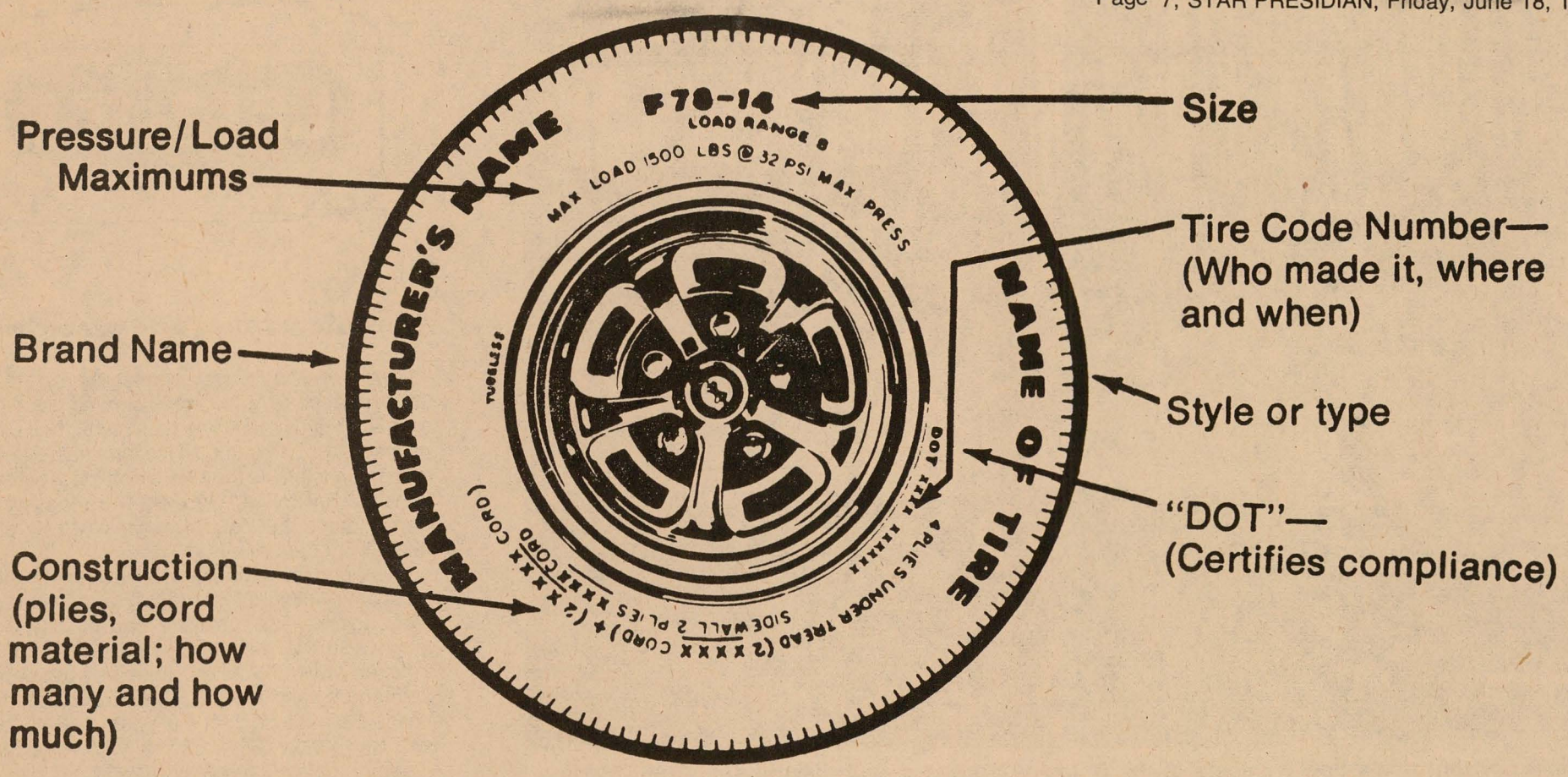
***Overseas voters*–members of an infantry unit, stationed in Luxembourg in 1944, use a borrowed barn as a polling place for military voters. American servicemen are encouraged to vote regardless of where they are stationed.**

Button up troop. . .



A. C. Reyes photo

And how are you this morning? **Members of Hqs. Co, USAG, get a critical going over by CPT. Marc T. Benezra, Company Commander during the inspection in ranks held every Wednesday**



Why kick your tires? Read them

Whether you're hitting the roads for your annual leave or just driving around town it is important to know how tire care can reduce the amount of gasoline used in your car.

One item alone, improper tire pressure, can cost the driver gas mileage, abnormal tire wear and hundreds of dollars. Underinflated tires can waste one mile per gallon of gas, and with some larger cars getting only 9 - 12 miles per gallon, the waste quickly adds up in a year's driving.

Every motorist should check a vehicle's tires on a regular basis and especially before starting on a long trip. The most accurate reading can be taken when the tires are cold. If a heavy load is being carried in the trunk or in a station wagon, or a trailer is being pulled, the tire pressure should be adjusted upward to the level recommended by the manufacturer's tire chart.

Drive for maximum

Tires perform two main jobs. They give the car traction to resist skidding and sliding on the highway and, if properly maintained, they give mileage. The squeal of tires around a corner or at a fast start from the stoplight is the sound of tread-mileage left behind on the pavement. In addition, the jackrabbit starts cost the driver many wasted gallons of gasoline. The strip of black on the highway, whether it's a skid-mark or the drag-race take-off, is the equivalent of a hundred miles and more taken off the tire's tread life.

When tires talk

The information carried on the sidewalls of the modern tire tells an interesting tale. It can tell the driver what it is made of, its size, strength, who made it, even when and where it was made. It also tells the driver the maximum load and pressure—information that is needed to avoid overloading the tire's top carrying ability. Most important, it tells that to carry the top load, the tire must have the top pressure of pounds per square inch. This information can be found on the door-post, the dash-board or in the owner's manual.

Check the tires

Tires that wear fast or in odd patterns are "telling" the owner that something is wrong and should be a signal for a mechanical checkup.

A tire that is wearing unevenly on one side of the tread usually means that the camber adjustment is out-of-line. Underinflation causes a tire to wear on the outside edges of the tread, while over inflation causes the wear to be concentrated in the center of the tread. Improper toe-in or toe-out will cause the front tire to show scuff marks along one side of the tread design. Each of these problem areas can be easily corrected if the owner takes the time to visually check the tires.

Do not overload

In much the same way as humans, tires cannot carry a load on the run that is too heavy to carry while standing still. And a tire cannot carry any kind of load at all if it literally is forced to "squat down" by weight or underinflation. Air pressure lets a tire stand up straight to carry a load. When that 'stand-up pressure' is low, the tires wear out at an extremely fast rate.

Tire tips

A good driver should —

—buy and use a good tire pressure gauge,

—check tires weekly when cold,

—add four or five pounds to the recommended tire pressure for a long trip, but never go above the tire's maximum recommended pressure,

—do not bleed off air from the tires that are checked when hot,

—keep track of unusual changes in tire pressure on a weekly basis and find the cause immediately,

—inspect or replace the valve-stem when new tires are purchased,

—check the spare tire pressure when the other tires are checked,

—rotate the tires, including the spare, every 6,000 miles,

—check the tires visually every week,

—do not scrape tires against the curb when parking, and

—learn to recognize the "feel" of the tires while driving; thumping or swaying are signs that something needs a check.

From the BAYONET

Weapons security a must

By Robyn Sherwood

Security measures are being improved on the Presidio and Ft. Scott. A burglar alarm system will be installed in the arms room on Ft. Scott, while one is already in use at Headquarters, USAG.



These improvements will be accomplished through minor modifications using the current structures. The end result will meet all current and future requirements for weapons storage areas, according to Staff Sergeant Joseph Mardin, of physical security.

"It'll be a lot more pleasant for everybody when all these projects are finally completed," Mardin commented.

A Congressional report states that between the years 1971 and 1974, the Defense Department lost enough weapons and ammunition to equip 10 combat battalions.

A subcommittee of the House Armed Services Committee recently released a Defense Department report showing that between 1965 and 1975, its noncombat loss of military weapons totaled 18,578, with later recoveries lowering that loss to 10,604.

"The actual losses probably were much higher than reported by the Department, since losses were not required to be reported for the entire period; and even after such reports were required, some thefts and losses were unreported by the military departments," stated Rep. Edward Hebert (D-La.), chairman of the House Armed Services Committees' investigation subcommittee.

Mr. Hebert explained that informants and defectors have reported that as many as 700 U.S. military weapons have been seen or are known to be in the hands of Mexican drug dealers.

In Mexico an M-16 can be sold for $1,000 to $1,200 or traded for an ounce of heroin, with similar rates for other military weapons, he added.

The subcommittee decided to investigate the theft and loss of military weapons after a rash of burglaries of National Guard Armories in 1974, according to Hebert. In those burglaries, several hundred M-16s, machine guns, pistols, and grenade launchers were stolen.

To improve security of military weapons, the subcommittee recommended that the Defense Department: improve weapons security programs, require military services to submit timely and accurate reports, investigate all weapons and munition losses and recoveries, improve physical security at all weapons and munitions storage depots, and security of weapons and munitions in transit, and improve its liaison with law enforcement agencies.

So, this is where the Presidio/Ft. Scott arms rooms modifications fit in. In complying with these regulations, structure modifications must take place, but they will be completed as soon as possible.

Some of the statistics were taken from the **Overseas Weekly**, June 14, 1976, "Report Demands Better Weapon's Security."



A. C. Reyes photo

Five miles of fun, **that's how members of the Dolphins Southend Club describe this run. Starting out from Mountain Lake and culminating at Presidio Blvd., members here are seen hotfooting it along Arguello Blvd. in a low-key "Presidio Roller-coaster run. "Say, isn't the bus strike over yet?"**

Big news from Rec Center

Presidio Recreation Center is sponsoring several activities between June 18 and 27. On the last two Fridays, June 18 and 25, will be the "Time Now" combo, playing music for all tastes. On the last two Saturdays, June 19 and 26, will be the Kids Pet Clinic in the Recreation Center at 1p.m. and the Kids Pet Show outside the Recreation Center at 1p.m. in that order. Almost everything is ready for the Pet Show except registered kids, so sign up now. Registration will be limited to the first 100 entrants. On the last two Sundays, tours are set. First, to "Great America" on US Army Family Day at the resort, June 20. The tour leaves at 9a.m. A tour is slated to Samuel P. Taylor State Park for a picnic or whatever and are returning to the Recreation Center at 6p.m. The time to sign up for these tours is now. All activities sponsored by the Presidio Recreation Center are intended for the entire military community.

Co-ed gymnastics class

The Central YMCA will begin a five-week course in co-ed gymnastics on Wednesday June 23 from 7-9:00p.m. for beginners through intermediates, and on Saturday June 26 from 1-2:30p.m. for intermediates through advanced. In addition, there will be a class for kids (ages 10-14) from 9-11a.m. beginning June 26. John Wong, a collegiate gymnast, will be teaching the classes. For more information call Central YMCA at 885-0460.

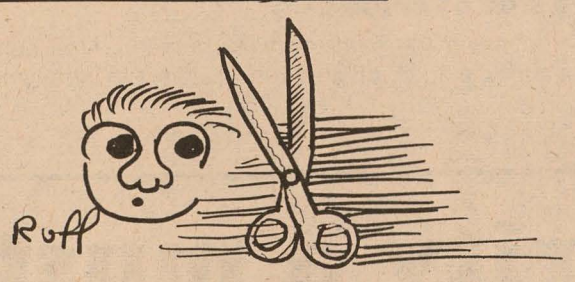
Intramural Softball standings as of June 16:

Presidio	Won	Lost
LAMC I	6	0
USAG	5	2
864th Eng.	4	2
402nd MP	3	2
Triple 6 Radar Detach.	3	4
170th MP	1	4
LAIR	1	5
District Eng.	1	5
Ft. Scott	**Won**	**Lost**
WRRC	4	1
LAMC II	4	1
504th MP	4	1
525th MI	2	2
16th BPO	2	4
ARR IX	2	4
Ref. Lab.	0	5

Dog obedience course

A dog obedience course designed to help dog owners master their dogs will be offered through the Central YMCA beginning Saturday, June 26 from 2-4p.m. The eight-week course will be held at 41st Avenue and Quintara Street. For more information call Central YMCA at 885-0460.

A hairy story



By A.C. Reyes

"Omigosh, what did they do to your hair?" has been the standard query I receive on getting home after visiting the barber. It didn't matter who was home. I used to stop by the barber, make a detour to the club, and wait until dusk, hoping that twilight would make me less visible to the prying eyes of relatives and friends.

I guess the last straw was when my three-year old piped up and asked, all round eyed innocence, "You had a hair cut, daddy?"

So, I laid my plans; I would make the supreme sacrifice. I would let three decades of careful and thorough indoctrination go out the window and have my hair styled. I would let my hair go for a few weeks, and then have it styled. I secretly nurtured this dream (nightmare?) and watched my hair grow. I played deaf to the veiled hints from friends and coworkers alike: "Say, your visit to the barber is a bit overdue, isn't it?"

Finally the day arrived. In my best voice, I called the beauty shop (I don't care what you call them, they are still beauty shops), and arranged for an appointment. When informed they would be happy to have me come over that afternoon, my first reaction was: "Today?, but I have to go to the dentist, besides, I have a headache. Today is also the day I have to feed my pet goldfish ... I really was surprised when I heard myself agreeing to the appointment.

How could I, a full-grown male, walk into a roomful of sharp-eyed women, and let the stylist do whatever to my hair?

That afternoon, I walked into a roomful of slightly bored women, who barely glanced my way before returning to their lap-held magazines.

I was met at the desk by someone called Linda, and then I met my stylist who led me to a chair. While I was getting my hair shampooed, dried, and massaged, I nervously glanced around. No one was paying the slightest attention to me. I began to feel better. Eugene was telling me about his secret ambition (to be a singer) and I was telling him about portraits. Linda came over and offered some coffee, which I accepted. Then, before I knew, I was paying my bill, and out the door. I looked at the reflection on the mirror, and I had to admit that considering what he had to work with, he had done a very good job. I stopped by the NCO club on my way home, more as an excuse to show off my new hair than anything else. It looked good. And when I got home, my three year old piped up: "Did you get a haircut, daddy?"



Presidio 9 takes 2nd place in City

The Presidio "Stars" sponsored by the Presidio Youth Baseball Activity took second place in the 5th grade CYO League. The team won their Division by winning all eight games. However, last Sunday they met their match as they were defeated for the championship, 7-3 by St. Gabriel. The team was one of three teams the Youth Baseball Activity entered in the CYO League.

Although the spring season is over, new arrivals to post are reminded that the summer season is underway and will last until the end of July. Additional players in the 8-12 year old bracket are urgently needed to fill vacancies caused by the departure of numerous ballplayers during the summer. For information, please contact the Youth Activities Director, Mr. Ben Kvitky, 2002, or the Vice President of the League, CWO Dave Ridley, 2851.

Whitewater river rafting

The Central YMCA will be sponsering the exciting river rafting trips again this summer. The first one will be held on June 19 and 20 on the beautiful and stimulating Stanislaus River. Food, transportation, camping, and the rafts will be provided, along with licensed certified guides. Early registration is a must as these trips fill up fast. Cost: $63 members, $65 non-members.

Tennis, anyone?

The Central YMCA will be offering tennis lessons beginning June 29. The classes will be held from 7-8a.m. or 8-9a.m. in the morning on Tuesdays and Thursdays. This is a five-week course (10 lessons) designed for beginners, featuring conditioning and fundamentals of good tennis. For further information call the Central Y at 885-0460.

Sailing, sailing

The San Francisco Central YMCA, 220 Golden Gate Avenue, is offering a sailing class consisting of an evening of theory on Friday, June 25, from 7-9:30p.m., followed by a day on the Bay Saturday, June 26. Since numbers are limited, early registration is required. For further details call Central YMCA: 885-0460.



Members of the award winning Bicentennial Marching Unit **lend authentic flavor to the Daly City Bicentennial Parade. The parade was held last Sunday. Visitors to Bldg. 220 can see the unit's award.**

U.S. Government Printing Office, 1975 Jacket No. 690-081, Print Order No. 43

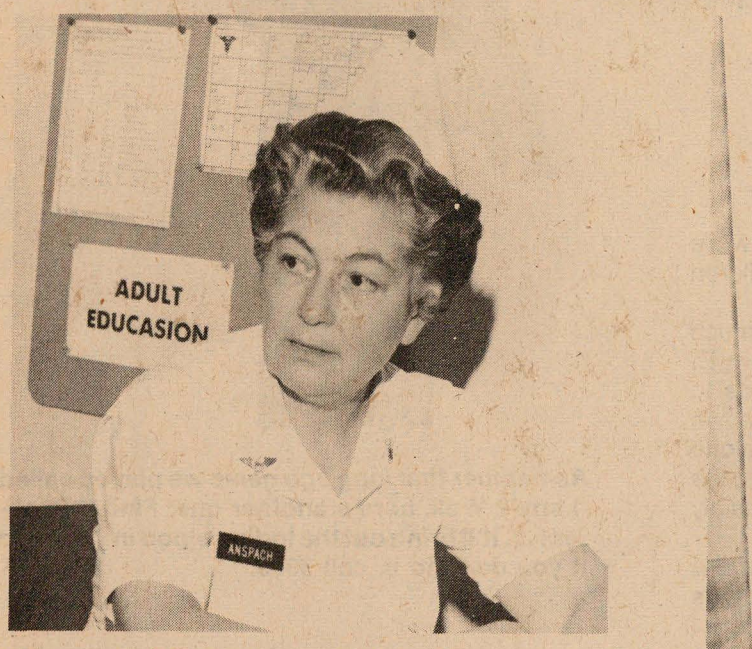
Presidio Main Post Library
PRESIDIO OF SAN FRANCISCO, CA 94129

Star Presidian

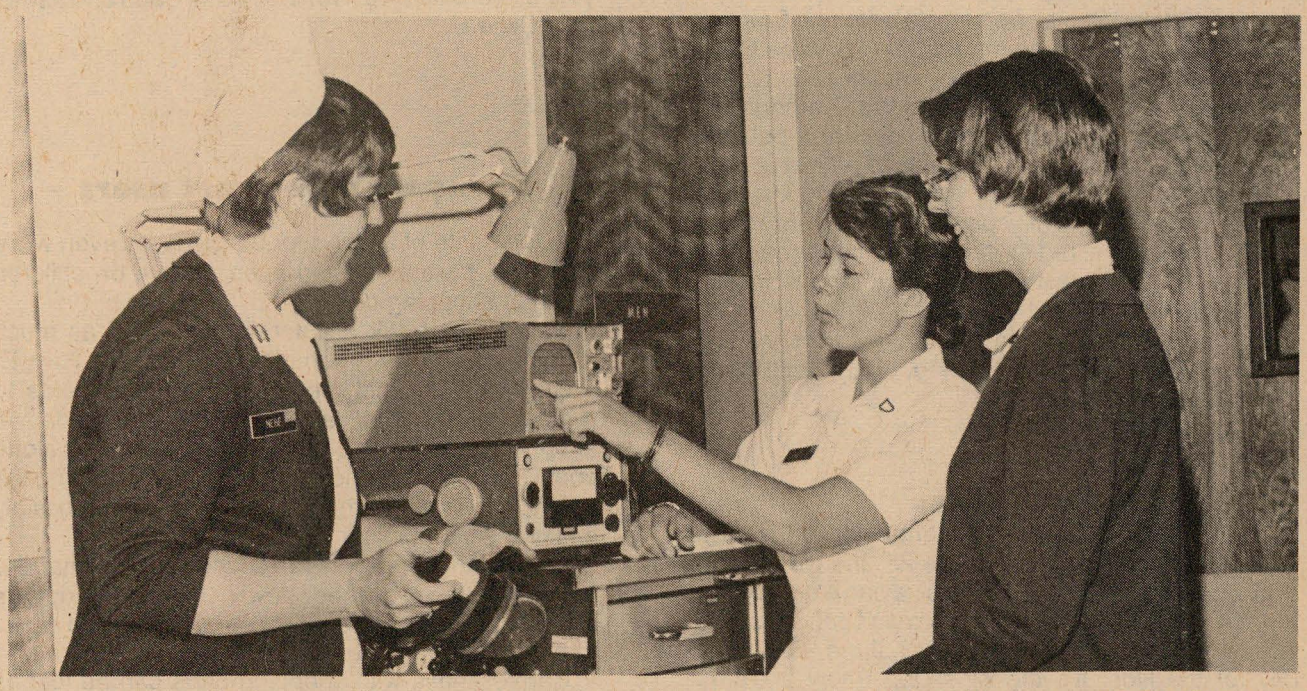
Volume 19, No. 24 | Presidio of San Francisco | Friday, June 25, 1976

Unique Med Unit Visits LAMC

A. C. Reyes photos



When asked for her comments **on the personnel and facilities here, Col. Imogene Anspach put it very succintly, "Fantastic!"**



Captain Nancy Nebe, **registered nurse, answers questions from SP4 Sue Musso and PFC Charlene Lindquist about the defibrillation machine used for cardiac patients.**

by Robyn Sherwood

A very unique unit, the 147th Medical Hospital 100-bed National Guard Unit, is one of only two of this type in the Guard.

From Denver, Colo., the unit is on the Presidio for it's two-week summer training at LAMC. Each member will be training in his/her respective medical field.

The unit provides professional support for the Regular Army. It's mission is a dual one: be ready to mobilize to support the active Army and to be a representative of the government in emergencies and civil disturbances.

"Our unit can augment any professional staff, like the medical staff here," stated Sergeant Robert Coleman, NCOIC of the unit. "We're not a line or field unit, we're predominantly professional."

This unit consists of 35 officers, 12 of them doctors; 85 enlisted personnel, with 14 registered nurses. Their fields of work include psychology, pathology, general practice, dentistry, internal medicine, radiology and pharmacy.

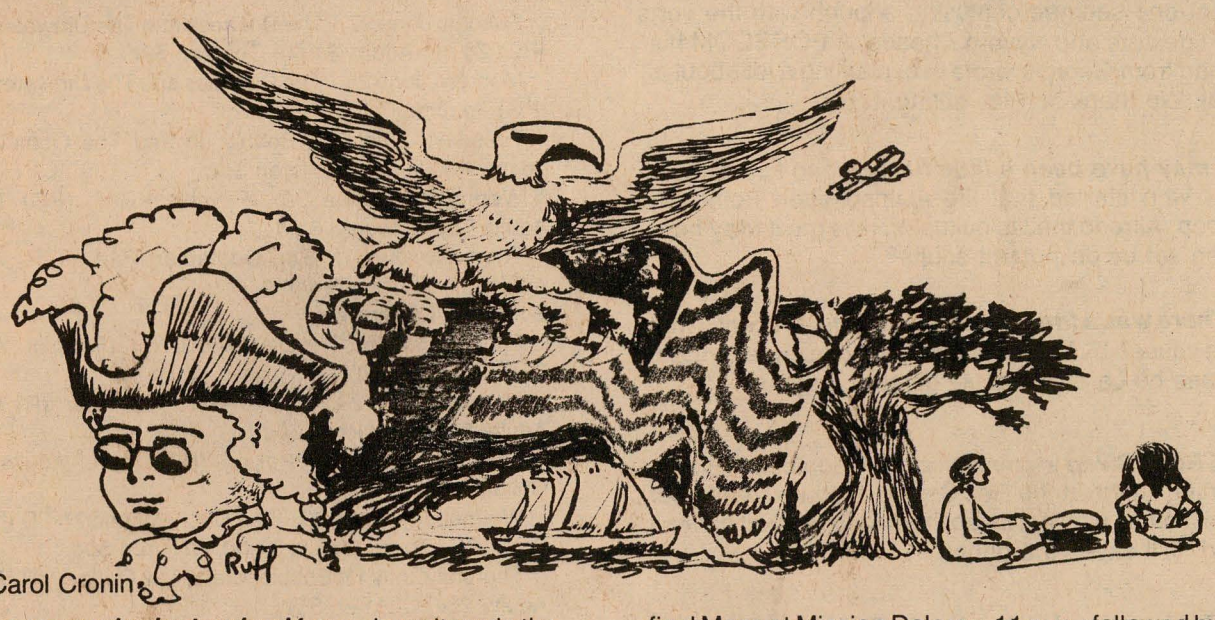
Compiled mainly of professionals, the mixture of people and jobs in the 147th is diversified. The commander, Colonel Joe B. Hick, is a family practitioner as a civilian. But, when time comes for weekend drills, he flies 300 miles to be there.

Another officer who must travel a good distance for the drills is Major Alfred Hart. Maj. Hart is chief of plans, operations, and training in the unit. As a civilian, he is a professor of physiology at the University of Nebraska.

"Less than 15 percent of the enlisted personnel work full-time medical jobs," stated Coleman. "The rest are lawyers, teachers, mathematicians, and some city and state highway patrolmen.

"The non-medical civilian jobs are very diverse, but even so, all our people operate well in the medical field. This is a very tight, cohesive unit," added Coleman.

Bicentennial highlights. . .



By Carol Cronin

In case you've just arrived from a hermitage in the hills, we're in the process of celebrating both our nation's and San Francisco's Bicentennial. But even if you hadn't read it, you couldn't have missed hearing about it. Most of the city has jumped aboard the Bicentennial Bandwagon.

The downtown area salutes the Bicentennial June 25-July 2 with business window displays and lunch-hour programs in Union Square. A parade of 115 years of San Francisco fashions highlights the first noon-time entertainment on June 25.

Even other countries are joining in the celebration. Filipino/American Friendship Week begins with a Beauty Pageant June 26 at the San Francisco Hilton. A Bazaar and Trade Fair follows on June 28-30 at Brooks Hall, Civic Center, from noon to midnight. Also beginning June 28 and continuing through July 2, is a Film Festival of contemporary films produced in the Phillipines. The location has yet to be announced.

Two hundred years young. That's what San Francisco is celebrating starting June 27 with a Pontifical Mass at Mission Dolores, 11 a.m.; followed by an Interfaith Parade, downtown to Civic Center at 2p.m. Over 10,000 participants, representing most of the world's god-recognizing doctrines, express their gratitude for America's religious freedom. Chaplain (Colonel) E.F. Kapusta, Command Chaplain, Sixth Army, will be one of the parade's Grand Marshall's. An Interfaith Musical in the Civic Auditorium will follow at 5p.m.

Stern Grove hosts a free jazz festival salute to Duke Ellington at 2p.m. on June 27. Bring a blanket and relax to the outdoor concert of Bay Area Jazz. On the Fourth of July, "1776" will be performed at 2p.m.

San Francisco's Birthday concludes with a Commemorative Mass, June 29, at Mission Dolores, 10a.m. and civil luncheon, Presidio Officers' Club, 12:30p.m.

America recognizes its diverse cultural heritage through a series of noon-hour presentations by ethnic performers at the Civic Center Plaza, 12-1:30p.m., June 28-July 2.

What has good old American know-how come up with over the years? Check out "The Spirit of Innovation," a multi-media exhibit at the Exploratorium, Palace of Fine Arts, Wednesdays through Sundays, 1-5p.m., June 30-August 8.

The Bicentennial theme has even infiltrated the arts. The "Spirit of Independence Portfolio," a collection of prints by well-known artists, will be on display at the San Francisco Museum of Modern Art beginning July 2.

How much more American can you get than hand-made crafts and Bluegrass music? Join the entertainment representing many styles and eras in our history at Brooks Hall, Civic Center, July 2-4.

You won't even need to look for what's happening on July 4th. Just step outside wherever you are and you'll be in the midst of it. A parade of 4,000 ships and pleasure craft leaves Sausalito at 10:30, crosses the Golden Gate and sails along the waterfront as far south as Alcatraz. During the parade there is a military fly-by between 11:40a.m. and 12:10p.m. During the entire weekend, U.S. and foreign naval ships will be berthed along the Embarcadero, most of them open to the public.

Yes, of course there'll be a parade on land too! Antique vehicles, carriages, floats, bands, and of course, the Presidio's own Bicentennial Marching Unit will start at 11 a.m. from the Polo Field in Golden Gate Park and travel along Kennedy Drive to the Conservatory. Enjoy the parade comfortably by bringing a lunch and picking a spot on the lawns or paths bordering the route.

The Presidio will join in the celebration, beginning with a 50-gun salute at noon, followed by a plaque dedication to the Centennial tree. At 7p m. a multi-service, multi-nation review and retreat ceremony will take place on the Presidio parade ground.

Three guesses as to what will top off the evening. Your only hint is that it evokes a chorus of "oohs" and "ahs." The two main firework displays will be above Alcatraz Island and Candlestick Park. Both shows start at 9p.m.

t Flash. . .Hot Flas

Preretirement counseling session

The biannual preretirement counseling session will be held from 8:30a.m. to 12 noon, Wednesday, July 21, at the Recreation Center, Bldg 135. The counseling session is open to all military personnel who plan to retire during the period July 31 thru January 31.

Representatives from several pertinent agencies will provide individual and small group counseling at the meeting. The agencies will include: Veterans Administration, Social Security, California Employment Development Department, Civil Service Commission, Post Transportation (Household Goods Branch), USA Transfer Point and many others.

Counselors will provide information and publications referring to benefits available to retired service members and civilian employment opportunities available to retirees. The counseling program is designed to assist retired military personnel in making a smooth and successful transition into civilian life. Wives are encouraged to attend.

Further information can be obtained from the Retirement Services Office (Bldg. 913), telephone number 561-3183.

Rec center activities

The Presidio Recreation Center is sponsoring several activities between June 25 and July 1. On Friday, June 25 at 9p.m. they are having a dance with the "Time Now" combo, a group which can satisfy all different tastes in music. Saturday, June 26 is a big day for the kids. It's the Kids Dog Show at 1p.m. Registration is in progress. Sunday is tour day at Samuel P. Taylor Park in Marin County. The tour leaves at 10a.m. The Recreation Center will provide the sandwiches, etc. but you are asked to bring your own drinks. The time to sign up for this tour is now. All activities sponsored by the Presidio Recreation Center are intended for the entire military community, regardless of rank.

New car pools

Save gas with the new DIO! He wants to depart Sunnyvale at 6:15 and arrive here at 7:15a.m. In the afternoons, leave here at 4:15p.m. If anyone's interested, call 2166. Conservation is the word.

There's an established car pool from the Novato Post Office area that's looking for a new driver. If you're interested, call 3292/3196/ or 3983 and ask for Lois Cline.

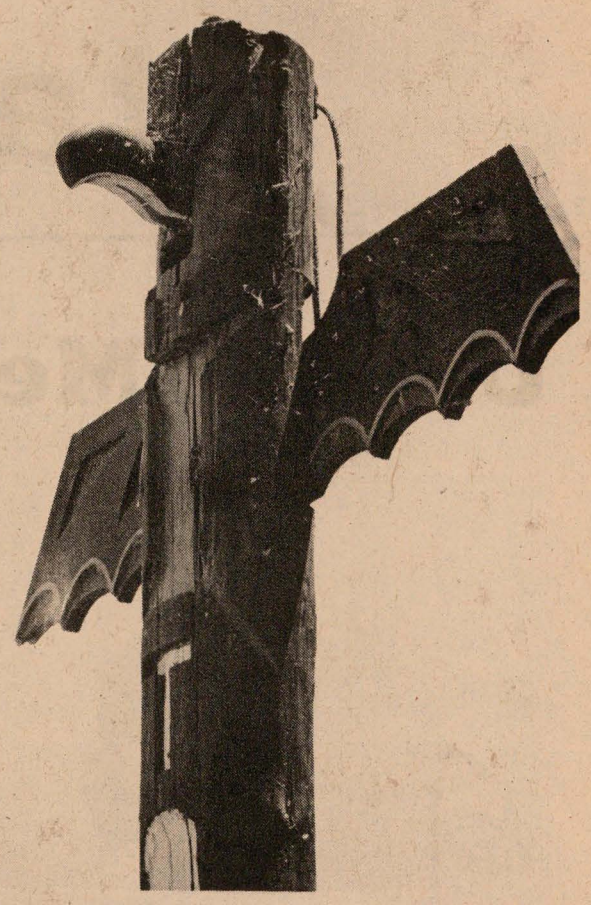
PX warns shopping cart users

In the haste of looking for bargains, or even while browsing, parents should keep an eye on children riding in shopping carts.

Noting that freak accidents can cause as much damage as common mishaps, Colonel Ray E. Nichols, USAF, said the main thing for parents to remember is "never leave children unattended in shopping carts." He pointed out that a child left alone could easily try to stand in the cart, thus upsetting the balance and making the vehicle topple over, possibly causing serious injury.

The colonel went on to remind parents that the carts should be pushed slowly. He said shoppers should be particularly cautious near corners so as not to collide with another shopper or shopping cart.

Carelessness with shopping carts can be just as dangerous outside the store, according to Col. Nichols, because often the carts are taken to the parking lot with children aboard. Children left unattended can cause the carts to start rolling, possibly into the path of moving automobiles. The same holds true for empty carts left on the parking lot. Customers are asked to return them to the store to help avoid mishaps.



A. C. Reyes photo

Remember that long ago game **we played called 'I spy'? Well, here's another one. Find this object . . . it'll bring out the Indian blood in you. And if you do Find It, call 3908.**

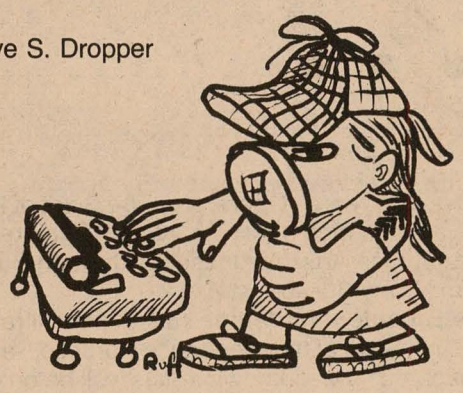
Yosemite Valley

Spend your 4th of July weekend with the Central YMCA in Yosemite Valley, July 2-5. Hiking, sightseeing, and just general relaxation will be available in this beautiful place during our country's birthday. Food, transportation, indoor camping, and insurance provided in the low price of $47. For registration details call the Central YMCA at 885-0460.

The secret eye

A gathering of people and events under the watchful SP typewriter

By Eve S. Dropper



Monday was the first day of summer. My mind is filled with outdoors. Sun, dirt clods, flies. The sun is beautiful, the water is wonderful, and the flowers give a perfect complement to them both. And to all of us. Enjoy while you may, it can't last.

Although we didn't give him complete credit, we do want to thank Don Johnson for his pix of the Bicentennial Marching Unit, which he would normally have been marching with last Sunday. We used the pix, but forgot to use his name. Thank you for all your photographic work, Don, we appreciate it. No **really.**

Speaking of pictures, we were greeted by a resounding silence from all you peoples in regard to our Action Photo Contest. GEEZ. Doesn't anybody have a camera???? Just take it with you and the next time you get mugged, or fall off your balloon, or whatever, just operate the shutter. That's the little button on top, for all you guys in the 227th (EXCEPT Debbie C.). Alfredo the Ubiquituous, my snoop, tells me that there might even be prizes, if we get some black and whites (no racial overtones intended!).

No fireworks on post! It's illegal. And if you get caught. . . This includes sparklers and all the other varieties. So, no fireworks on post on the 4th, please.

The Rec Center is sponsoring a dance tonight featuring Time Now. The music will start at 9p.m. and stop at 1a.m. Saturday is the Kids Dog Show at 1p.m.

One of our strange reporters, Robyn Sherwood, has gotten some feedback on a couple of her articles. A BG wrote from San Antonio about the Pet Cemetery article. He sent in some interesting additions. . .like the fee the owners paid to have the graves tended was only $1.00. Not bad, really. And this gentleman has two pets buried there, so now we know at least one person with some information on the cemetery. Thanks for writing to us, sir.

Another letter dealt with the 504th's Unit Crest. That one seemed confusing enough with the verts and dexters and wyvern's heads. A FORSCOM historian from Georgia wrote in explaining a lot about all that. We thank him for writing, too.

I may have been a little hasty when I said it was kids who started that fire at Inspiration Point. My snoop, Alfredo the Ubiquituous, tells me it **may** have been set by delinquent adults?

There was a fire at post headquarters recently that was caused by the stove being used but unattended. Please be careful. People depend on you.

A Book Swap is going on every Thursday at 8p.m., starting July 1 at the Rec Center. If you've read your books once, why not swap them for ones you haven't read? It'll save ya a bunch.

Registration for the Youth Ballet summer classes will still be open on the 28th and 29th of June in Building 1390, near the Ft. Scott Chapel and the Bowling Center. Classes will start July 6 and end Aug. 24. For more info call Mrs. Piernik at 994-0681 from 12 until 2p.m. Swan Lake still lives.

Headquarters Garrison has two new people in. Sergeant Major Bart Brown arrived June 20 from Germany. He'll be working at DPTSEC. And Staff Sergeant James Scott is the new operations NCO (he's also in charge of the duty roster). He came from the race relations department here on the Presidio. Keep those people straight, James.

There's a cute little castle being built outside the 864th's building. I wonder who's going to live there?

Till next week, take and take and keep on whatever. Enjoy the weather, if you get the chance, and be careful. A lot of carzies on the highway, and playing with matches. . . Stay happy.

Movies. . .

Presidio

Friday, June 25, "I Will, I Will ... For Now" (R) 7p.m., Adults $1.00, Children 50¢.

Saturday, June 26, "Kidnapped" (G) 2p.m., Adults 60¢, Children 30¢. "Posse" (PG) 7p.m., Adults 75¢, Children 35¢.

Sunday, June 27, "The Duchess and The Dirtwater Fox" (PG) 7p.m., Adults $1.00, Children 50¢.

Monday, June 28, "The Duchess and The Dirtwater Fox" (PG) 7p.m.

Tuesday, June 29, "Bobbie Jo and The Outlaw" (R) 7p.m., Adults 75¢, Children 35¢.

Wednesday, June 30, "Psychic Killer" (PG) 7p.m., Adults 75¢, Children 35¢.

Thursday, July 1, "The Godfather, Part II" (R) 7p.m., Adults $1.00, Children 50¢.

Schwartz/Letterman

Friday, June 25, "The Devil Within Her" (R) 7p.m., Adults 75¢, Children 35¢.

Monday, June 28, "I Will, I Will ... For Now" (R) 7p.m., Adults $1.00, Children 50¢.

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Star Presidian

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Colonel Warren J. Lodge, commander
Major Michael J. Williams, public affairs officer
Sp4 David M. Ruff, editor
Sp4 Carol Cronin, reporter
SP4 Robyn Sherwood, reporter

864th prepares for ARTEP



Under the hot noon sun, **SFC Eugene Murns keeps an eye on his men's activities.**



Pvt. James Sanders, **Pvt. Jeff Barber, Pvt. Robert Mays, and an unidentified soldier mend their fences. Rustlers, maybe?**

By A. C. Reyes

It seems that no sooner one of the Presidio based units comes back from the boonies than another one goes forth to train. This time it is the 864th Engineer's turn to measure the width and breadth of the hills around Camp Parks.

The cause of the excitement (?) is the Field Training Exercise the 864th Engineers are undergoing in preparation for their ARTEP (Army Training & Evaluation Program). The target date for this test is around November, according to command sources.

This all came about because of the conversion from Engineer Construction to Engineer Combat (Heavy) the engineers recently underwent.

The exercise, which covers a wide variety of situations, is designed to test the ability of the unit to work cohesively, combining combat tactics while simultaneously performing those tasks peculiar to an engineer outfit.



SP4 John Sockinsky sweeps the ground **using a mine detector. A variation in tone through the headset indicates the presence of metal under the surface.**



"D" Company truck

roars on the way to the

rendezvous point.

Photos by SP4 Deborah Carter

A surprise banquet for Garrison Troops

By Robyn Sherwood

A small feast was to be had by those eating in the headquarters dining facility last Friday. Soldiers were able to take their choice from steak, roast beef, or lobster tails.

Doesn't sound like the 'Army mess hall chow,' does it? But this was an unusual situation.

Sometime during the night of Wednesday, June 16, a transformer blew at the commissary, leaving the frozen foodstuffs to thaw.

As soon as I got to the store and realized what a problem we had, I called the engineers," stated Fred Gilbert, commissary manager.

"The electricians came down and immediately got to work fixing the transformer. The veterinarians came in to inspect the food. All edible food was turned over to the dining facilities with the help and advice of food services.

"The food we lost has been compiled by the veterinarians and they will dispose of it. The commissary won't lose any money on this, though, because it was an accident. We'll be reimbursed for the loss.

"We did open 40 minutes late. This was because the lights weren't back on. As soon as they came on, we opened the doors, I do hope our shoppers who were inconvenienced by this, understand. It was all an unexpected electrical problem," added Mr. Gilbert.

New Masters Program

Pepperdine University offers a Master of Arts in Human Resources Management, which is an emerging new field in industrial management, public personnel administration, professional training, and business school curricula. The degree is designed to give the student managerial or supervisory knowledge and skills to effectively combine organizational goals and employee expectations. This degree program will appeal to individuals who seek to improve employee performance, responsibility, and creativity; and eliminate carelessness, absenteeism, and job dissatisfaction in an organization.

Features of this program are: non-sequential course offerings, continuous enrollments, degree completion in 10-15 months, intensive weekend sessions, admission—any accredited B.A. or B.S. degree and acceptable grades, GRE and thesis not required, traditional transfer credit and V.A. tuition reimbursement.

The upcoming courses are:

Organizations, Social and Cultural Behavior, at NAS Alameda, July 29-August 1 and August 12-15.

Interpersonal and Intergroup Behavior, at NAS Alameda, July 29-August 1 and August 12-15.

Classes are held two weekends a month with a week break in between. Students may complete courses at the rate of approximately one a month.

A Pepperdine representative will be at the Presidio's Education Center, Bldg. 1216 from 11a.m. to 1p.m. on July 1 to give further information about the program.

To sign up for this meeting, call the College Department at Fort Scott Education Center, ext. 4445/4900.

A. C. Reyes photo



***Sun is fun,* but sunburn is not. Take care and don't overdo it. Start with short lengths of time and increase exposure gradually as your tan darkens. Have fun!**

Handball tournament

The post gym is sponsoring a single's play handball tournament starting July 12. Entries are due July 7 and all active duty personnel assigned to the Presidio are eligible. Sign up at the post gym, Bldg. 63, or call 4120/5032.

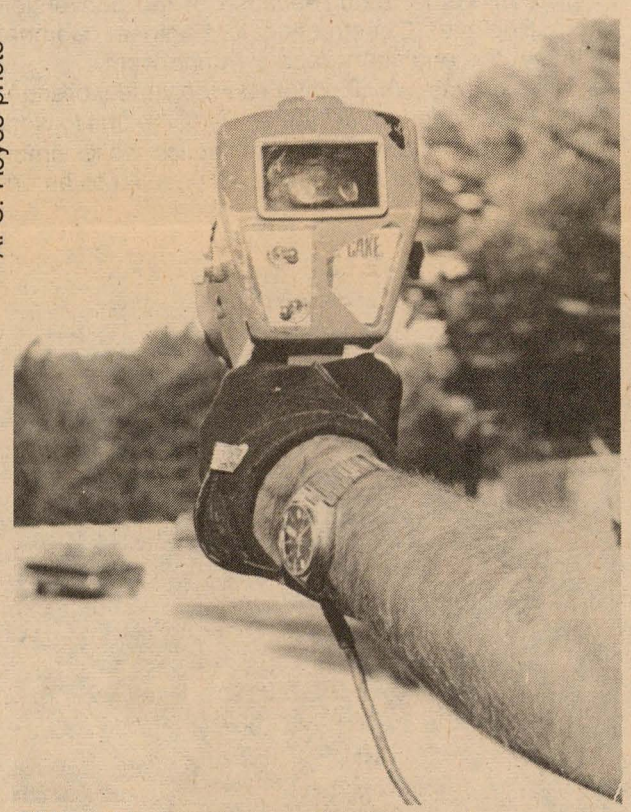
Golf tournament

A 36-hole golf tournament, sponsored by the Post Rec Services Sports Division, is scheduled for the 14th and 15th of July. Tee-off time is 8a.m. You must be active duty assigned to the Presidio. For signing up, or more information, call 4120.



***When you see this sign,* take heed. Failure to do so will result on your being "shot down" by this.**

A. C. Reyes photo



***This radar gun* gives an instantaneous reading of a car's speed, and is being utilized by the MP's to control traffic.**



Ballroom dancing

A ballroom dancing class for those who want to learn or improve on their waltz, foxtrot, and cha cha will be offered through the Central YMCA beginning July 1 from 7:30-9:30p.m. This eight-week class will be held at the YMCA Hotel, 351 Turk St. No charge for women. For further information call Central YMCA at 885-0460.

Softball reprise

By Frank Castro

A few rule changes and a little better organization has produced an exciting and competitive slow-pitch softball league this season.

This year's statistics show a marked increase in scoring and hitting in the Monday and Wednesday night double and triple headers.

As in the past, the well-rounded team from Letterman (LAMC #1) 7-0, is emerging as the team to beat.

Slow-pitch softball is a "hitters game" and it's clear that LAMC #1 has gotten the message. Their pitchers, John Bell and John Payne, waste few pitches as they put the ball up to be hit rather than trying to fool the batters.

The league brims with good pitchers even if their chore is to let the other guys hit the ball. Slow pitchers lob high arcing throws that must pass through a small target area. So tempting are the offerings that the occasional strikeout is cause for celebration. Free passes (a walk) are a novelty and usually a source of ridicule for pitchers who can't even give away hits.

Boyd is a standout among the pitchers because of his excellent fielding and hitting ability, good hitting and all-around awareness during the game. He recently tossed a two hitter against the 666th Radar Squadron, 4-5.

This year, the two leagues, Presidio and Fort Scott, were realigned in an effort to make both leagues competitive. The plan is working.

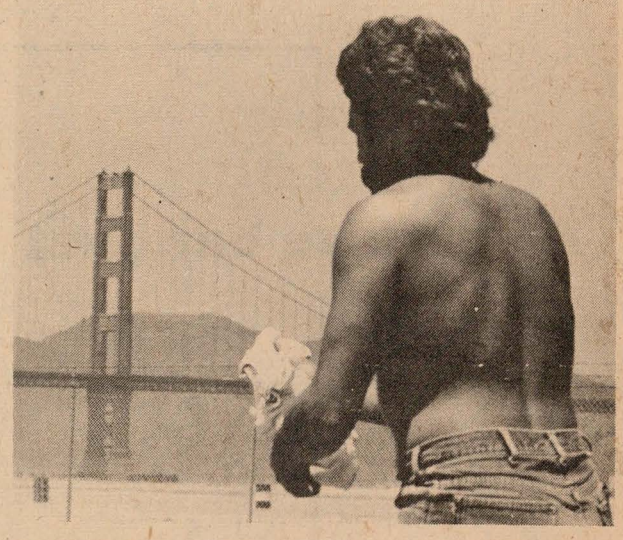
Some of the teams are recording spectacular losing records. It is surprising when you scout the losing teams and see an abundance of talent.

The 16th BPO, 3-4, should be a powerhouse in their league and yet they show one of the worst records. The team has its share of strong fielders such as Randy Fifield and Alonso Snipes, and good hitters. Its weakness is its inability to play together. One bad play leads to another and before long the players are down on one another.

If there's a team at the Presidio that can rival the "Bad News Bears", it has to be Ref Lab (10-6). In a contest last week, the Ref Lab Bears were in the middle of a horrible pounding at the bats of LAMC #2. The score was in the neighborhood of 24 to 2 in the third inning when Ref Lab scored. If there had been champagne in the dugout the team would have partied. "That's the most runs we've had in one game!" some of the players cried.

Schedule for these games (CAL-PAL played at Paul Goode Field and BANTAMS at Pop Hicks Field) is as follows:

June		Time
26	Yanks vs St.Vincent dePaul (majors)	1:30p.m.
26	Corpus Christi vs Phils (majors)	3:30p.m.
26	Seals vs Oakland (minors)	9:30a.m.
26	Oaks vs Totems (minors)	11:30a.m.
28	Seals vs Totems (minors)	5p.m.
28	Oakland vs Oaks (game at Oakland)	6:30p.m.
29	St. Vincent dePaul vs Corpus Christi(majors)	5:30p.m.
30	Totems vs Solons (minors)	5p.m.
30	Oaks vs Seals (minors)	6:30p.m.
Jul 1	Phils vs Twins (majors)	4p.m.
Jul 1	Corpus Christi vs Yanks (majors)	6p.m.



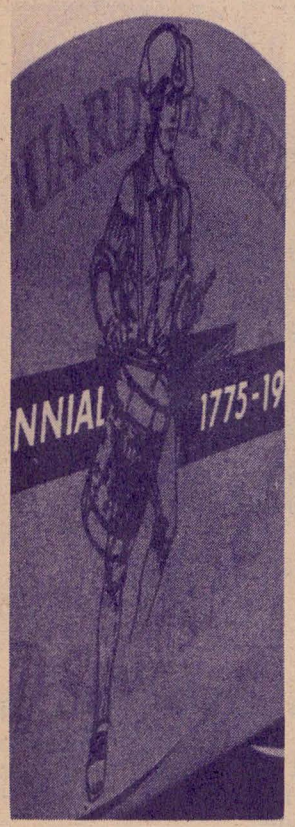
***Golden Gate Bridge* solves its maintenance problem.**

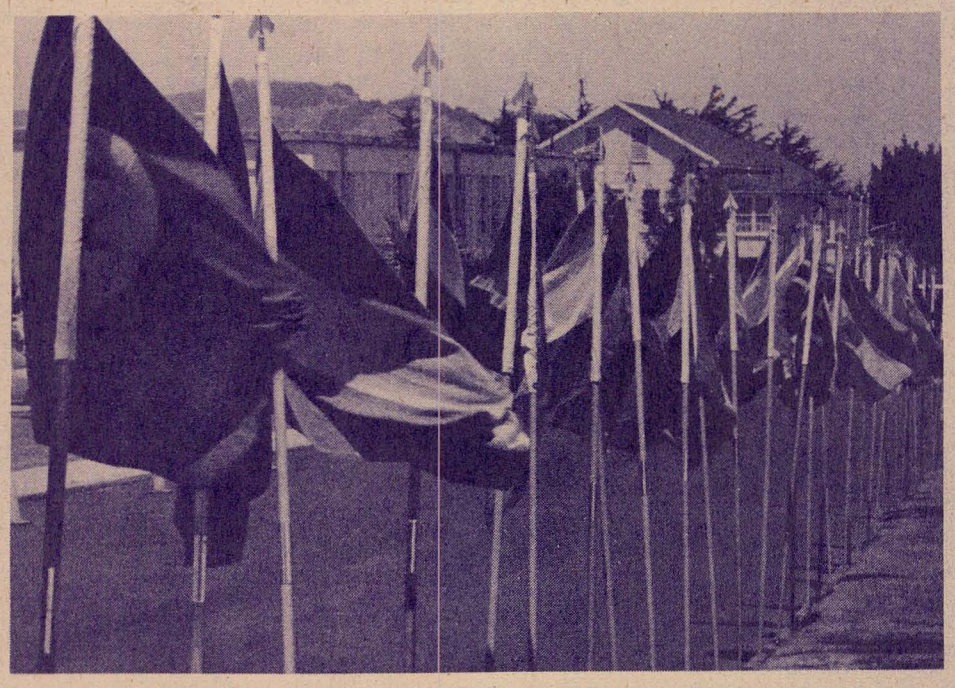
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Star Presidian

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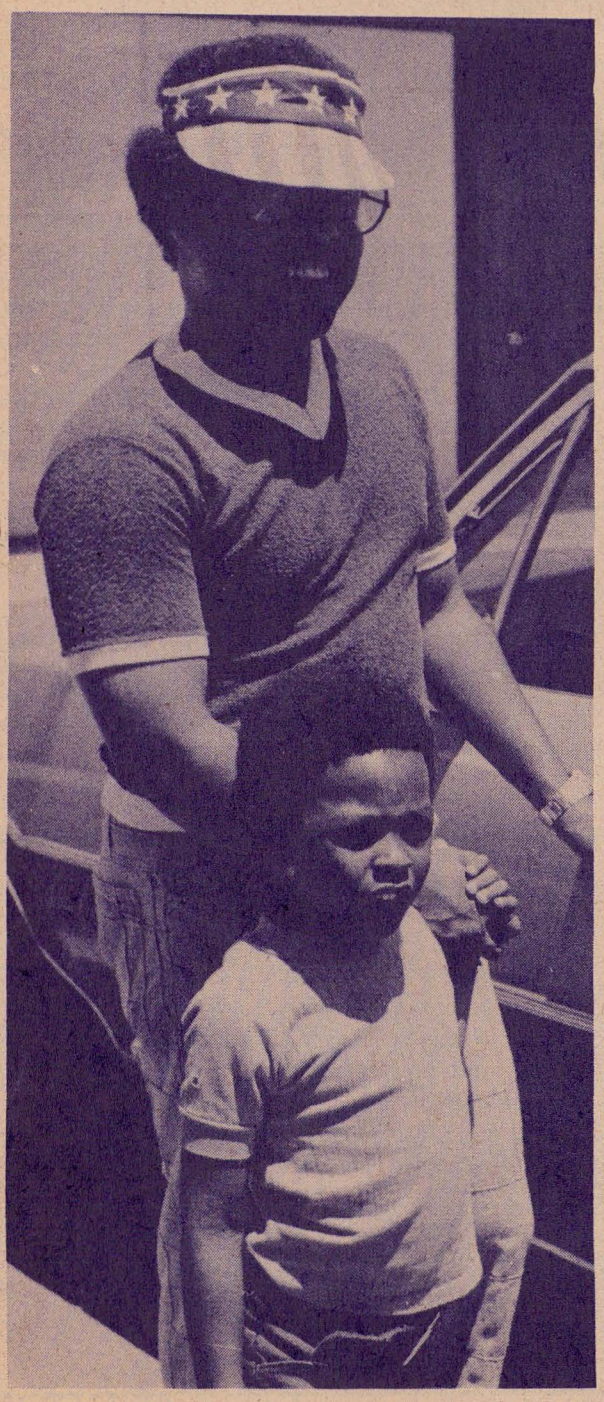


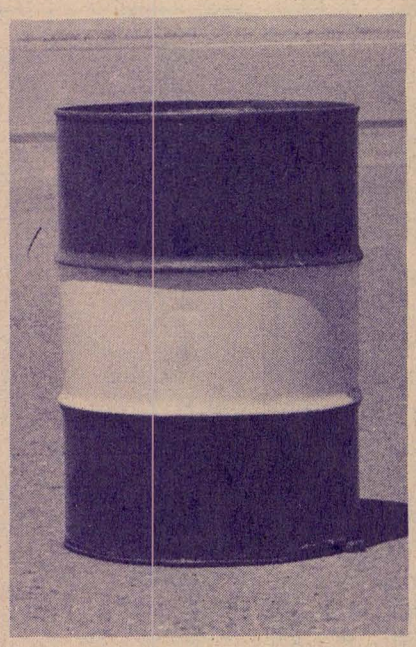


Photos by Lisa Kanemoto

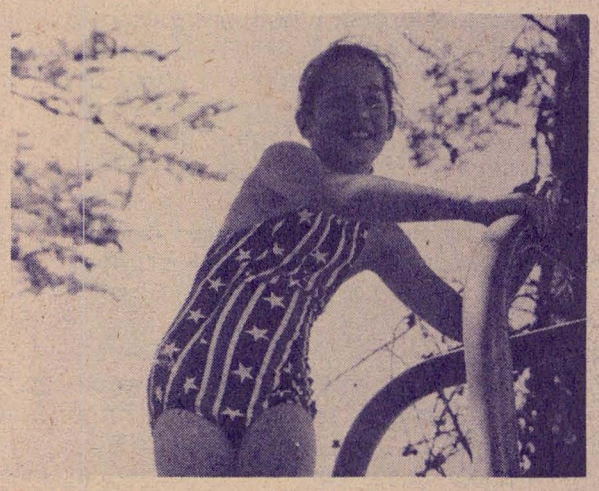


The Biggest Birthday in history











more on pages 3 - 5

t Flash. . .Hot Flas

Credit possible for MOS

The American Council on Education (ACE) recently has developed a new evaluation system for Army enlisted military occupational specialities (MOS's) and recommends semester hour credit for many MOS's.

The Department of the Army will accept the ACE Guide recommendations for credit toward the DA two-year evaluation providing the MOS was held during the dates tested in the ACE Guide and the individual has proof of MOS and has achieved the minimum passing score of 70. PMOS, SMOS and AMOS will be recognized.

Credit for MOS cannot be duplicated. For example, if an individual has had formal service school training which duplicates MOS credit recommendations, the individual will be granted credit for the school or the MOS, whichever recommendation is greater. Credit will not be given for ACE Guide recommendations which have already been documented on official college transcripts.

For further information call the College Department at Fort Scott Education Center, ext 2974/4445 or LAMC Education Center, ext 3693/4030.

Scuba test set

All you finny fiends out there! There'll be a swim test given at the Presidio pool, bldg 69, on July 8 and 15, 6p.m., to qualify for the next scuba class. Bring a swim suit and a towel. The test will be followed by a short course introduction on scuba diving. Graduates of the class receive NAUI and Red Cross Scuba certification. For more info, call the Outdoor Rec people at 4324.



Photo by William Malkiel

***Outgoing DCO,* Col. Cunningham, listens attentively as Col. Lodge, Post Commander reads citation. Col. Cunningham's wife and daughter look on.**

Uniform changes OK'ed

"Some of those rumors you hear about new uniforms are true. Uniforms that have been in the planning stage have now been approved for issue and commercial sale," says Maj. Robert R. Sarratt, Secretary, Army Uniform Board. Times change, and due to current trends, DA has approved a number of uniform suggestions from the soldier, Sarratt adds.

uniform changes okayed for men include:

A new men's tan shirt for wear with greens will have longer collars that will look better with a newly-approved wider tie. The shirts, now available for $7.50 in PXs, will be issued beginning in September at a cost of $5.07.

Issue of the new tie will be made at the same time as the new shirt. The tie is 3 1/8 inches wide, replacing the old 2 1/2 inch tie. The issue tie will be four cents cheaper than the
1.15 PX version.

Cotton khakis will soon become a thing of the past! The Army plans to replace the khaki with an issue tan uniform made from durable press materials. The uniform is slightly darker than the tan PX version. It will be available this fall at a price tag of $10.89 for both shirt and pants. Beginning in September, new soldiers will be issued one of these tan uniforms and two khaki uniforms until supplies of the old khakis have been used up.

Durable press men's fatigues also will be issued beginning next January. Delay in issue is due to the requirement to standardize fatigues within the armed forces. The Army has limited approval to use the wash'n wear fatigues until the Marine Corps completes a durability test.

Issue dates given for the new uniform items are considered "worst case" dates, Sarratt says. There is a maximum effort by the DA staff to get these items in the supply system and to the soldier.

Troops may continue to wear their current uniforms Photoannounce wearout dates as the new uniforms come into the Army supply system, Sarratt says. (ANF)

Houseboating

The Central YMCA will be offering another houseboating trip on the Delta over the July 10 and 11 weekend, a relaxing way to enjoy the sun, water, fishing, and lazyness. Food, transportation, the boat ride, and insurance *provided* for $37.

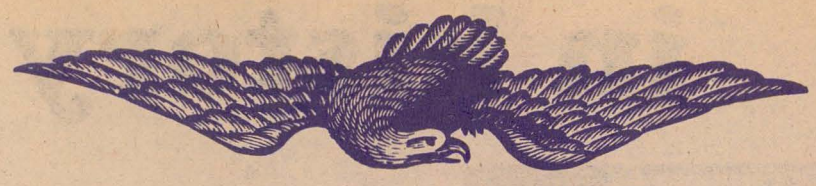


Find it

***Last weeks "Find it"* was found! Bill Nichols and Jim Robertson called in and correctly identified the totem pole in front of the Boy Scout Hut behind the auto craft shop. Can *you* find this one? If you can, call 3908.**

Backpacking technique

The Central YMCA is offering another Backpacking Technique class for inexperienced backpackers. The 3 week course will begin on July 8, from 7:30-9:30p.m. Items to be covered include proper equipment, how and where to set up camp, trail and off-trail hiking, and how to handle emergencies. Cost: $10.50. For registration details call Central Y at 885-0460.



The secret eye

A gathering of people and events under the watchful SP typewriter

By Eve S. Dropper



The 504th MP lost their 'shirt' Wednesday. First Sergeant Steven Shephard retired after 20 years in the Army. We're losing a good man, too. Hope you enjoy your retirement.

Safety time: Be cool over the fourth. There's going to be a lot of heavy traffic, and possible a lot of weaving drivers, so ... plan ahead for your activities. Make sure your car is in good condition, check the cooling system and air conditioner. Make sure your tires have good tread and proper inflation, and have a tune-up, if it's time. Make sure your family is protected, too—from the sun with glasses, and lotion, from the water with life preservers, and don't swim in unsupervised or illegal areas. Make this holiday a happy, safe one. We hate to lose readers.

Watch out for mail bombs!! There are some crazy peoples in the world, and they've been sending bombs to their 'friends.' The packages are usually 9" x 12" or 10" x 13" and up to 3/4 of an inch thick. They come in envelopes that are brown, or white with blue trim. Be careful, and know your packages.

Why have two offices do what one office could do more efficiently and economically? Headquarter's Commandant, Sixth Army and HQ CMDT, Presidio, could see no reason, so there are plans to consolidate the two offices. Chief Warrant Office David Ridley, Property Book Office, HQ CMDT, Sixth Army said, "The consolidation will eliminate duplication of work. We will maintain the same personnel, but they will be able to accomplish more. The centralization will cut down on paperwork and unnecessary leg work." The effective date for the consolidation is July 1 according to Lieutenant Colonel Irvin Hirsch, HQ Commandant for the consolidated office.

"I vant to take your blood ... " (it's hard to write in a Bella Lugois accent). The Presidio is having a blood drive Tuesday, July 20 from 8a.m. until 3p.m. The place—building 135. But, you gotta contact the key person in your organization for an appointment ... maybe the clerk typist?????

The 864th almost has their orderly room back. It's being redecorated, and they're almost done. It'll be good not to listen to the saws and hammers any more.

Speaking of the 864th ... Some people tend to think we, the 864th and myself, are hard-hearted enemies. NOT TRUE. We've had our differences, but the mistakes in spelling and a few other things were not deliberate on either of our parts. Sorry, Sgt. Gendron. . . (I spelled it right this time!?!)

With all the worry about fires, and water shortage, you would think those people who set out the sprinklers would pay a little more attention as to exactly what they're watering. I'm getting tired of walking in the street trying to avoid a soaking .. and I know other people are, too. Just cause I'm dressed in green doesn't mean I'm going to grow.

Make the most of the weekend, but be careful. Let me know your gripes ... I'm not promising anything, but it might help you to voice your complaints, or ideas ... Take and take, and keep on whatever ...

Happy 4th!!! Hope you don't have to pull details, or have CQ, or get stuck in one form or another working. There's going to be a lot of things happening, so, enjoy ...

Star Presidian

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Colonel Warren J. Lodge, commander
Major Michael J. Williams, public affairs officer
Sp4 David M. Ruff, editor
Sp4 Carol Cronin, reporter
SP4 Robyn Sherwood, reporter

The President's Bicentennial message

Two hundred years ago in Philadelphia our founding fathers signed a Declaration of Independence pledging their Lives, Fortunes and sacred honour to a cause and a philosophy "that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.—That to secure these rights, Governments are instituted among men, deriving their just powers from the consent of the governed."

Now as we celebrate and honour those men and that event it gives me great pleasure on behalf of a grateful nation to extend my respect and appreciation to you—the men and women of the Armed Forces—and to your families.

We stand today as we have stood for 200 years—free to pursue our own way of life due to large measure to the dedication and sacrifices of our military personnel.

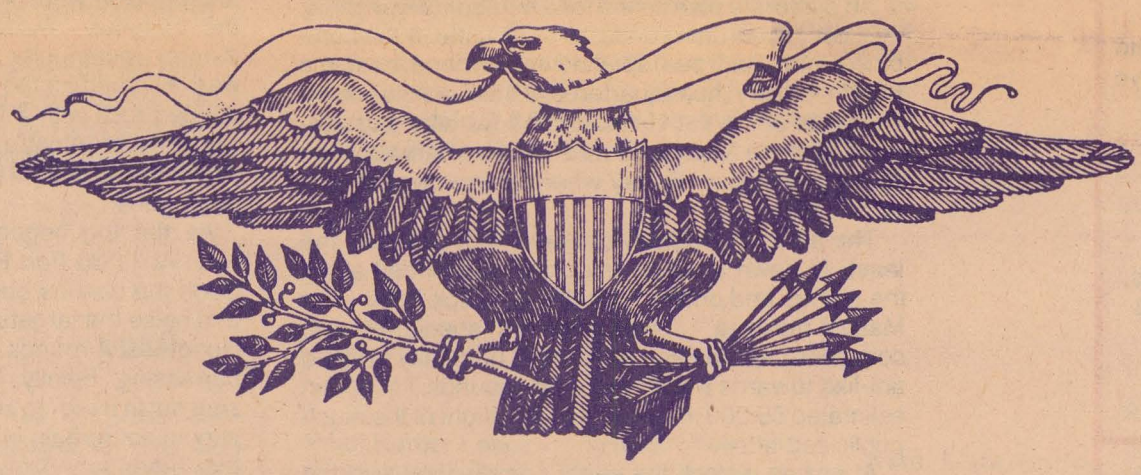
We all know the price of these freedoms. You, and those before you, carved many heroic chapters in American history—from Bunker Hill and Valley Forge—to Guadalcanal and Normandy. Today our country is at peace. But just as our forefathers' dream of a free America was underwritten by the valor of our infant military forces, our continued independence depends upon the selfless dedication of the soldiers, sailors, marines and airmen of today and future generations.

As we enter into our Third Century, we remain true to the goals of our founding fathers. Our freedom and our security cannot be separated. As the guardians of America's security, you are the foundation of our freedom. Your patriotism and your love of country have earned you the grateful respect of your Commander-in-Chief, your fellow citizens, and freedom-loving peoples throughout the world.

I look to you for the assurance that the precious torch of freedom will be passed to future generations of Americans and on this day of celebration and renewed commitment, I salute you.

India Ink Illustrations by Artist Isa (Mrs. Kenneth B.) Nicholson for a cookbook compiled by the Presidio Officer's Wives. Watch for prepublication date to order in advance.

The 200-year game



Play the Bicentennial game Guaranteed to raise your blood pressure, worsen your disposition, and you can't win. . . just endure, and learn the lessons (?) of history.



We stole this entire idea from ZAP.



Happy Birthday to our land!



1785

Constitution written, Move ahead 12 spaces

1790



First President George Washington

Cotton Gin Invented by Eli Whitney, move forward 3 spaces

1795

U.S. Navy Established Anchors Away, move forward 2 spaces

1810 Oliver Wendell Holmes established as an author, Stop to read a book, Miss two spins	War of 1812, Go back 10 spaces	**1825** First Friction Match by John Walker, Fire! move back 3 spaces	**1830** Phillip Armour Meat Packing Business, you're stuffed, Miss 1 spin	**1835** Texas War of Independence From Mexico, Go ahead 2 spaces	**1845** Beginning of the Gold Rush, Go to California, Miss 5 spins	➡

1881

President Garfield assassinated, Move back 8 spaces

1st Fountain Pen by Lewis Waterman, Write ahead and move forward 3 spaces

First Camera by George Eastman, Click! Wait for development, Miss 2 spins

1st Motion Picture by Thomas Edison, You're a star, Go ahead 3 spaces

President McKinley assassinated, Move back 8 spaces

1901

Spanish American War, Miss 3 spins

Psychoanalysis Developed by Sigmund Freud, Stop for conference, Miss 7 spins

1876

Centennial

1st Phonograph by Thomas Edison, Stop to listen to music, Miss 1 spin

1875

The Great Chicago Fire, Stop to watch, Miss 2 spins

1870

Women's Suffrage Begins, Men miss 3 spins, Women go ahead 5 spaces

1865

President Lincoln assassinated, Move back 8 spaces

Civil War Begins, Go to jail for 5 spins

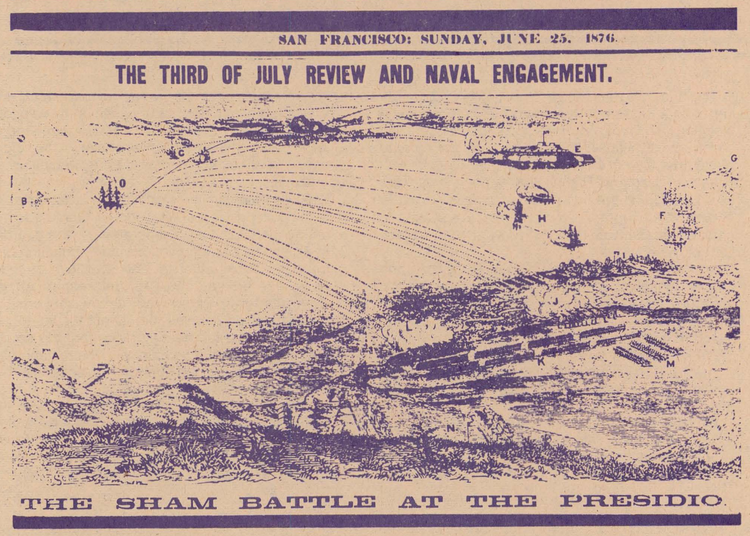
1860

Pony Express, Deliver the mail, Go ahead 3 spaces

1850

1st Passenger Elevator by Elisha Otis, UP 5 spaces

First Safety Pin by William Hunt, You're stuck! Miss 2 spins



SAN FRANCISCO: SUNDAY, JUNE 25, 1876.

THE THIRD OF JULY REVIEW AND NAVAL ENGAGEMENT.

THE SHAM BATTLE AT THE PRESIDIO.

By John Langellier

As Bay Area residents read their Sunday paper on June 25, 1876 they could not help but notice the headlines for "The Sham Battle," scheduled to take place on the 3rd of July. The **Chronicle** proclaimed that this would be "one of the most magnificent and probably grand events to occur upon the coming centennial celebrations of American independence ... "

An elaborate plan called for a number of war ships, including two from France, to participate in the combined land and sea spectacular. Troops from the Fourth Artillery, headquartered at the Presidio, joined elements of the 1st United States Cavalry and various California National Guard units in what was billed as an impressive display where money was no object.

The advance publicity proved effective to say the least. At dawn anxious onlookers descended along the shores and on the Presidio. At Black Point (Fort Mason) the area " ... was black with spectators, and countless vehicles and streams of humanity trudged ant-like towards the sham battle grounds." In all, an estimated 85,000 thronged to catch sight of the much publicized affair.

At eleven o'clock the event commenced with the arrival of the Governor, followed by a dress parade on the Presidio grounds. After the martial review, the troops took up their positions as planned. Soon the Infantry opened fire against the imaginery enemy. The crowd rushed forward to get a better look. From then on everything seemed to go wrong.

As the infantrymen made a mock charge, they were followed by a company of the 1st Cavalry. Unexpectedly, four boys got caught up in the horsemen. Fortunately, no injuries occurred.

Next, the cavalry made another pass at the "demoralized" enemy, this time with drawn sabers. Somehow, an elderly man and his wife drove their buggy into the midst of this melee. For a moment the couple disappeared from sight. The spectators gasped, yet the two emerged miraculously, bruised but safe. Their buggy didn't fare as well, for it shattered into a thousand pieces.

At the conclusion of this portion of the program, a virtual stampede took place, with everyone shifting in their hacks and wagons to find more suitable positions to view the naval engagement. The object of their attention seemed to be a "monitor" (ironclad) anchored between Alcatraz and Lime Point. Actually, the ominous invader was simple a scow with a dummy rectangular turret placed on it. This vessel was reserved as the target for the warships, while a painted rock with a flag served this purpose for the batteries at Alcatraz, Ft. Point and the Presidio. Angel Island floated its own small target within range of its guns.

As the fog began to lift, the "second act" got way. At 11:30 Fort Point fired the two signal shots. Soon the canons began to blast. Admist the smoke and noise the targets remained relatively unscathed. Hundreds of rounds later the situation because embarrassing. Finally, "a brave and daring hero was sent out in a tug" to set the target ship afire, "so that it should not remain in view of the world, a disgrace to the American Army and Navy." The spectators began to quip about the lack of accuracy.

Some called out that the "fellers" needed to be instructed in markmanship. A gray-haired gentleman said that "if I had a boy fourteen years old who couldn't hit the target, I'd wring his neck." Another man offered to board the target for twenty dollars and remain there all day. After all, it seemed the safest place in the Bay at that time.

The bombardment proved a fiasco, and everyone agreed that it "was a 'fizzle' of the biggest kind."

Hopefully, the Bicentennial Fourth of July Celebration at the Presidio will be less fraught with problems. When the fifty gun salute opens just be thankful that there's no target ship this time around.



These 1876 soldiers **prepare for the Sham Battle, scheduled to take place on the 3rd of July, 1876 as a centennial celebration.**

Wilbur and Orville Wright's First Flight, Getting high, Go ahead 4 spaces

1905

San Francisco Earthquake, Things are shaken up, Miss 1 spin

1910

World War I Begins, Go to jail for 8 spins

Sinking of the Titanic, You missed the boat, Go back 3 spaces

1915

Adoption of Official U.S. Flag, Stand for the National Anthem, Miss 2 spins

1925

Lindbergh's Flight Across the Atlantic, Go ahead 4 spaces

1930

The Great Depression, Your stocks dropped ... go to jail for 5 spins

National Anthem Officially The "Star Spangled Banner," Please rise, Miss 3 spins

1940

Al Capone Sentenced for Tax Evation, Go directly to jail, then ahead 3 spaces

Pearl Harbor Leads to World War II, Go to jail for 10 spins

Vietnam War, Promote your man and take him off the board

Kent State Uprising, Go back to start

Death Penalty Ruled Unconstitutional, Go to jail for rest of game, then seek pardon

You won, who cares?

1976

Bicentennial

Watergate Scandal, Go ahead three spaces and appear on David Frost show.

1965

Richard M. Nixon Elected President, Miss as many spins as you want

Franklin's humanity survives time

by Ed Duggan

Despite modern efforts to breathe life into the long-moldered dust of America's founding fathers, most remain at best shadowy, austere demigods with whom the imperfect likes of us would find association highly uncomfortable.

Washington, for example, lately has been revealed to have been only semi-literate and we have known for years that he suffered from ill-fitting dentures. Yet, still failing to win our sympathies, he comes across as a cardboard hero looking somewhat disdainfully down on us from astride a noble white horse.

Jefferson, in spite of the current literary speculation about his sex interests, also stays a remote Olympian, more massive intellect than man. Gossipy John Adams, thanks to the bequest of his copious diaries and correspondence, comes close to seeming mortal; but the most vivid imagination cannot evoke from him perspiration or a belch.

Their biographers have conferred on these 18th century patriots such godlike qualities that the great deeds of all save one of them seem almost to have been easy. That one, Benjamin Franklin, combined greatness with so human a degree of frailty that his deification has yet to be achieved.

Franklin, alone among our forefathers, has survived in history as a credible human being. He could walk at ease among us in this Bicentennial season, inquiring, commenting, learning, and, perhaps, marveling at how well we've done with what he and his colleagues started.

Nor would he expect us to hold him in awe, for such was his sense of good-natured fraternity that he deemed even kings approachable and queens fit objectives of his libidinous interest.

No one, you see, can put a halo on the self-admitted sire, grandsire and great-grandsire of illegitimates, nor hold in too great reverence a man who minded not that his common-law wife had another husband extant. But he can be admired and venerated as a scientist and inventor, politician and diplomat, military leader, printer, publisher and author. The humor and affection in which he held mankind can be reciprocated.

Neither in his day nor since, however, has admiration for Franklin been universal. To John Adams, he performed his duties as minister to France in "a scene of continuous dissipation." Mark Twain wrote that Franklin's autobiography "brought affliction to millions of boys." Herman Melville accused him of having "a bookkeeper's mind." A more recent critic describes Franklin as "a smug, hypocritically venal and meanly rational man."

To the chambermaids of France, on the other hand, the peasants, the nobility, the philosophers and the clergy, he was the beloved "Bon Homme Richard."

To George III of England, he was the evil genius of the American Revolution and, it must be admitted, Franklin did have a highly constructive hand in it. Appreciation of his native country and a full perception of its resources convinced him that England needed America far more than America needed England.

At a time when he, along with many of his countrymen, still sought accommodation with Britain, he wrote, "America, an immense Territory, favor'd by Nature ... must become a great country, populous and mighty." He then was living for a third extended period in London, this time serving as agent for Pennsylvania, New Jersey, Georgia and Massachusetts. His negotiations with the Ministry, members of Parliament and representatives of Pennsylvania's proprietors were rapidly persuading him that American and British political differences were irreconcilable.

He had almost concluded that his countrymen would soon be required to decide whether all Parliamentary laws or none were binding on Americans. "I think," he wrote grimly, "the arguments for the latter more numerous and weighty."

Shortly after writing these words, on March 25, 1775, Franklin ended his ten-year stay in England. By the time he reached Philadelphia in early May, the "shots heard 'round the world" had been fired at Lexington and Concord. The American decision had been made.

In his day, Franklin was one of the most famous men in the western world. Familiary to Americans as "Poor Richard" and as a forceful politician, he had achieved international reknown as a scientist. Even before he carried out his historic experiment with kite and key in July, 1752, he already had published "Experiments and Observations on Electricity, Made at Philadelphia in America."

Bicentennial sidetripping

Did you know there really was an Uncle Sam? His father and brothers fought in the Revolutionary War and Sam Wilson ran away from home and joined when he was only 14. He began a meat-packing business in New York after the war, prospered and became well-known for his honesty and common sense.

During the War of 1812 he became inspector of provisions for the U.S. Army in New York and New Jersey. A visitor to his plant once asked what "EA-US" on the barrels of meat stood for. A workman jokingly repled that U.S. stood for Uncle Sam. The allusion caught on quickly since Sam seemed to epitomize the American spirit; honest, self-reliant and devoted to his country. By the end of the war it had come to symbolize the national character and government.

How did enlisted men stationed on the Presidio meet girls in 1915? The Panama-Pacific Exposition occurring that year was a good place. Soldiers could go as often as they liked since it was free for soldiers in uniform. Unfortunately, most girls wouldn't have anything to do with a man in uniform, so the men brought their civies along and found the nearest telephone booth once they got inside.

Tricentennial: freedom for EVERYone

By A.C. Reyes

—Greetings Z-70. How are the old connecting rods?

—Greetings Z-64. Happy tricentennial.

—They are grating a bit, Z-70 but I went to the Medshop and a tech gave me a silicone shot. Still a bit noisy, but I can get along pretty much as before. May have to replace the left eye, though. But I don't want to talk about my ailments. What've you been up to?

Well, Z-64, the last meeting we had, in June, was very, very productive. We bio-mechs may yet get the right to vote, choose our own mates, and decide where we want to live. In short, freedom for bio-mechs may just be ours in this tricentennial year.

—I don't know, Z-70. We bio-mechs have been fighting hard, and I can still see a long uphill battle before Washington grants us the equality we seek.

—Z-64, you gotta look at the bright side of things.

We have since 2055, obtained the right to fly grav cars, own homes. We have to keep up the fight. We can't let down our children's children. And we have precedence and history on our side. President Lincoln freed the human slaves in 1864 or '65, can't compute exactly when. Why can't we bio-mechs get the same privileges?

—Z-70, we were created in 2012 to serve man. That's our prime directive, and our only purpose in the galaxy. To serve man. How we can justify trying to, daring to be equal to men?

—Z-64, are you kidding? That little piece of plastic you are holding, with the 32 stars and stripes, what does it represent? Why, the 32 states we have now in the Federation of the United States.

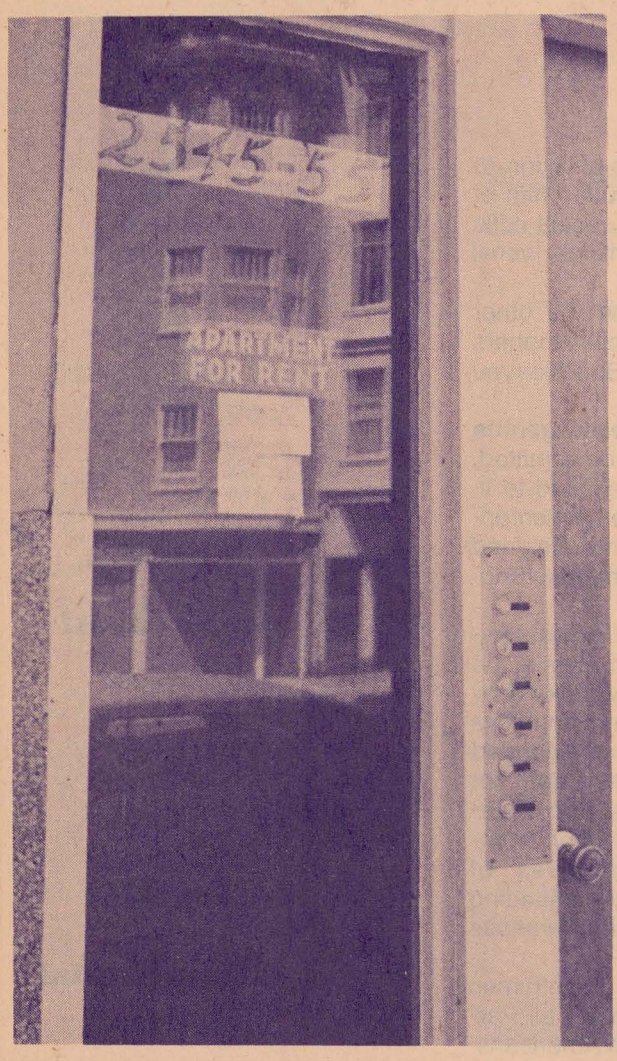
And does it not say in the pledge to the flag "... with *libertice* and *jusberty* for all?" Doesn't it then follow that all includes us bio-mechs.

—You are right, Z-70, I think we should press for equality. The struggle may be long, but victory is near.

—That's the spirit, Z-64. Now let's go and celebrate the Tricentennial.

—Right! On the Revolution, Happy tricentennial.

Apartments: a different way



A. C. Reyes photo

By Robyn Sherwood

San Francisco. One of the most beautiful cities in the world. Fisherman's Wharf, China Town, Alcatraz, The Presidio.

The Presidio? Part and parcel of San Francisco and beautiful, as well. But where do all the soldiers live? In the barracks? In apartments? Pup tents?

One of the big problems with San Francisco is simple: there's not enough room. Finding suitable housing, which you can afford, is almost the impossible dream.

But don't get too discouraged. Perseverance and patience will ultimately be rewarded (if you don't PCS or ETC too soon).

Filling out forms for Housing is the first thing. Checking the restricted list is next. Then comes the hard part. Finding an apartment. One of the problems confronted by Housing Referral is locating housing at a reasonable price. Which appears to be close to impossible.

Another problem stems from soldiers not asking for a military clause in their leases. This clause covers any PCS changes, but does not include ETS moves.

Another problem faced by the military person is finding housing where children are allowed.

"Two people seem to be able to find an apartment a little easier than someone with kids. It seems that as soon as the landlord finds out you have children, then it's no go," stated SP4 Bruce Nelsen, a Chaplain's assistant.

"I needed to be close to my job and to school, so living across the bridge was out. The only two-bedroom places we were able to find were $250 and up. So we had to settle for much less. We finally found a place that would take children, but it's one bedroom and still $200 a month.

"It seems to me that it's not the E-9's that need the military housing. The lower enlisted personnel with children, who might not be eligible for on-post housing yet, are the ones who need help.

"When we talked to Housing, they told us what we already knew. For a two bedroom flat, we would be paying at least $250. We can't afford it. We just can't find a place close to work and school for a reasonable price," explained Nelsen.

It might be raining cats and dogs, but if you pick any up, the chances of finding suitable living quarters are lowered. Immensely.

"My main problem in finding an apartment was having a dog," says Specialist five Joe Fisher, "especially since my dog is an Irish Setter. Most places say 'No children or pets.' I found the place I'm living in now through Housing Referral. I'd had some hassles with my old landlord, and moved on just a few days notice. The place Housing sent me to is in San Rafael and it's almost all military. They charge me $10 a month for my dog, but it's definitely worth it."

"Oh, sometimes you get lousy neighbors, or your landlord is bad, but all in all, I haven't had any real bad problems," Fisher added.

Money, children, and pets. All present problems, but with patience, perseverance and a determined mind, a haven can be found.

The new morality: Part II

A. C. Reyes

Teenagers would be very surprised if they knew that their parents often know far more about their sexual activities than they let on. "She is my daughter, I raised her, I know her feelings and her moods. I can tell when she is being evasive, when she is anxious. Her activities concern me, and I do try and keep in mind that young people value privacy as much as anybody else. I try to show, by word and action, that her welfare and health are things very important to me. I try to make it easy for her to confide in me. Something I won't do, and that's to spy on her."

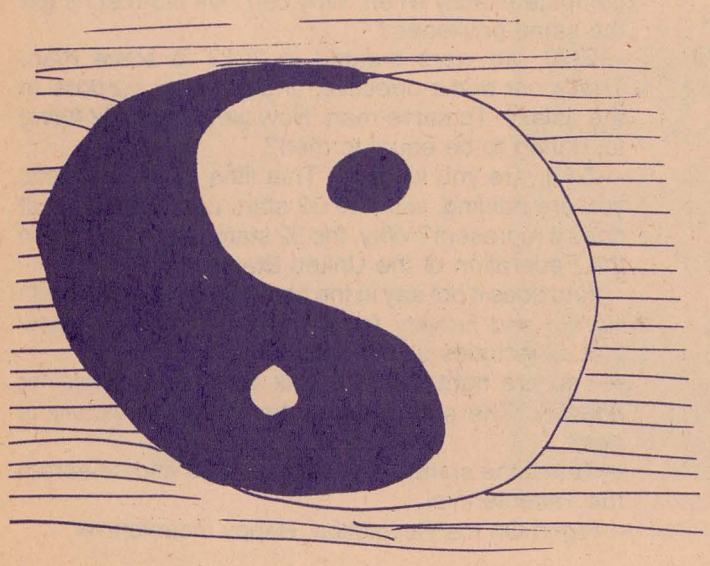
Some parents were very thoughtful when asked what their reaction would be if they were to find out their underage daughter was on the pill and had not bothered to consult with them. A parent's response: "My first immediate reaction would be hurt, in that she did not take me into her confidence, that she had found it necessary to go behind my back. But I also think that I would have to face up to the fact that today's teen, once they discover sex, are not going to stop merely because their parents disapprove of it. And if they are really determined, I don't think that anything that I say or do will have much of an effect. I would have a long, earnest talk with her. I mean, kids today have so much freedom it is unreal. No, I don't think I would forbid her from doing what she wanted to do, and please understand that I would **not** condone her activities. I think her father and I would sleep better knowing that she would be protected and would not wake up some fine morning with a "bundle."

The pill sometimes seems to be the ideal panacea for all sexual hassles. It is convenient. And in almost every case, if the user is careful, her privacy is not only respected, it is guaranteed by law.

One of the most important pieces of legislation that made this privacy possible was the recently passed Privacy Act. In addition, the State of California also has a statute which in effect makes it legal for underage teens, to get treated for Venereal disease, terminate a pregnancy, and get birth control pills. The kicker is that parental consent is not needed, and doctors are forbidden to inform the girl's parents.

As a prominent doctor volunteered, "When an underage girl walks in and she says, look, I want a prescription for birth control pills, first I try and find out if she has any idea of the consequences. We try to find out whether her needs would be better met by some other means. If her sexual activity is only a sometimes thing, perhaps some foam would be better. However, if it is an almost daily thing, then the pill would seem to be the logical choice. We do try and make her aware that there are side effects from taking the pill, and also that some persons are more susceptible to these side effects. There are some physiological changes to the internal organs, and we are not totally sure these changes are entirely harmless. We just don't know. An interesting trend that you don't hear so much about is that some girls are going off the pill by choice. Perhaps they don't want a daily reminder that they are sexually active. We are also dealing with a more sophisticated teen now, one who reads the papers and listens to the news. Teens are more aware that the pill is not as safe as it was thought to be. A study was made at the University of California, where the percentage of pill users went from almost 95 percent to 72 percent. This tells us that the girls are looking for some other methods of contraception, concluded the doctor, who did not want to be identified.





Equal Opportunity impresses soldiers

Equal opportunity doesn't just happen; it comes about because we make it happen. From June 20 to July 3, Sixth Army Headquarters is hosting a Race Relations Discussion Leaders' Training Course at Treasure Island. The course will train 100 instructors for US Army Reserve and National Guard units in 15 western states. Students attending the course were interviewed and several surprising observations were offered. Sergeant Jim Pace of the Nebraska National Guard volunteered that the school had profoundly changed the thinking and relationships of some attending the school. As the school progressed, Sgt. Pace found it interesting to observe the group process and the interchange of divergent viewpoints. Sgt. Pace, who has a Ph.D., found the training somewhat repetitive.

Specialist 4 Jack Slade of the California National Guard was particularly impressed with the curriculum with its emphasis on sociology. He also felt there was value in bringing together persons from different geographical areas with divergent perspectives on race relations. SP5 Sheila Gant of the 162nd Support Group Fort Douglas, Utah felt that the course only helped to emphasize for her the basic simularities between all types of people. She felt that it pointed out the many basic beliefs and needs we hold in common; "we're all basically human," she pointed out.

Both Sgt. Pace and SP5 Gant agree, however, that the issue is not just relations between the races but the larger issue of relations between people. They hope that the school will continue and that ongoing race relations programs within their home units can be implemented for all military personnel.

Ramblin' Sam

What do you like or dislike most about the Presidio?

SSG Chuck Maulding, Hqs Co USAG Dogs! Dogs! Dogs! It seems that everybody that lives just outside the Presidio bring their dogs out in the morning. And where they all head out to? Why, to the Presidio, of course. The grassy areas near the entrances to the Presidio are, well, you better watch where you step.

SFC Juan Fernandez, 504th S-2. Water conservation. It looks to me like the right hand does not know what the left hand is up to. We keep hearing about how important it is to save water, yet I keep seeing sprinklers going on all day, hoses left running, etc.

S-4 Stefan Kienzler, 504th MP. Lack of entertainment on post. Take weekends, for instance. There is really nothing to do, and you have to go off-post.

SFC Willie L. Cudger, SIDPERS Project NCO I am the kind of guy that likes to try out new things, see different places, etc. If I want to do some skiing, I can go to Lake Tahoe. Sunshine? I can go south. Big city? San Francisco has a lot to offer. I mean, the Presidio is perfect for me, because it has the kind of environment that is conducive to my lifestyle.

CPT Charles Brent, Personnel Staff Officer, DCSPA The thing that I dislike most about the Presidio is that I feel that there is not as much feeling of community as other forts where there are combat oriented jobs. Here at the Presidio we have garrison type jobs. There is more opportunity for camaraderie, more interaction, in a place, like say, Fort Bliss or Fort Bragg.

SSG K.M. Joyner, 504th MP. I don't think that there's enough activities here on post for the troops in the barracks. Especially on the weekends.

PFC Craig Barrett, 864th Eng The weather! I hate it. However, I am only three hours away from my home. I guess that makes up for it.

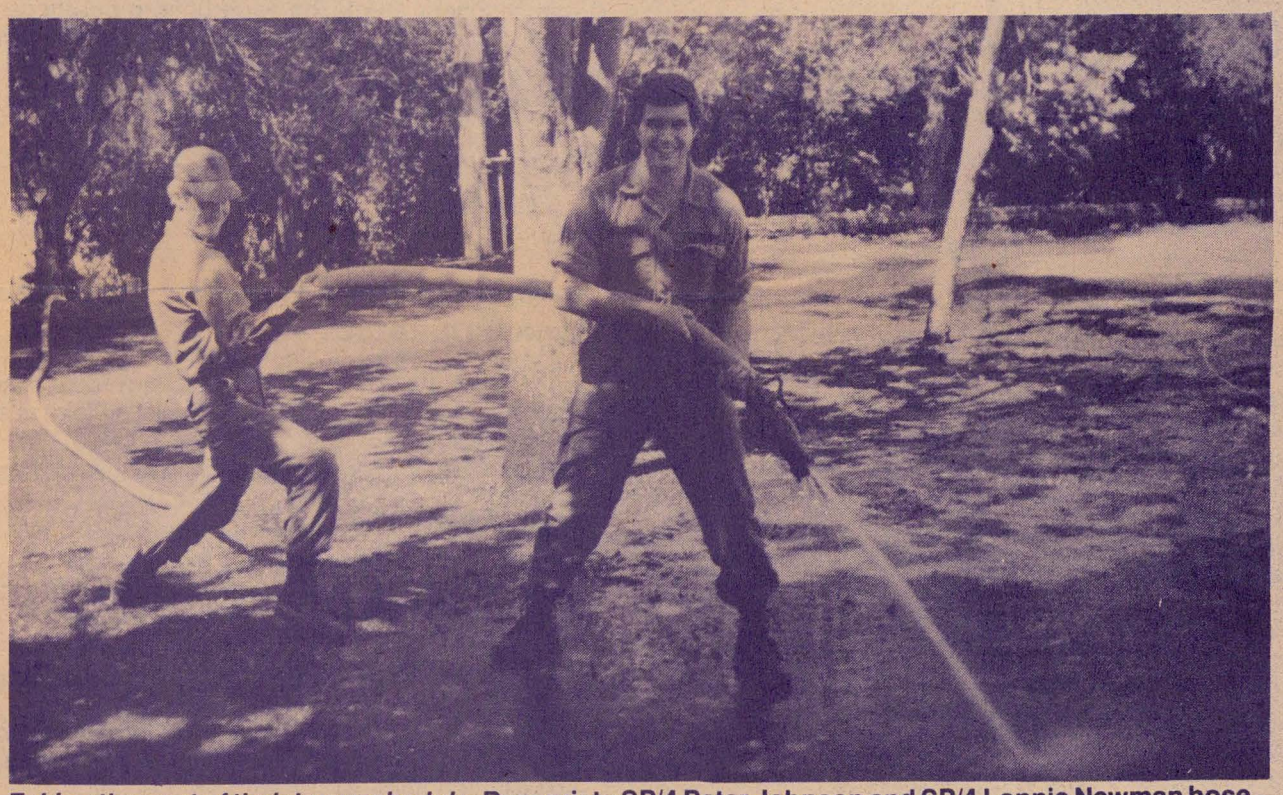
SFC Juaquin Barela, 864th Engineers. The 864th Engineers. This outfit just does not operate like an engineer outfit is supposed to work. It seems to me that everytime we turn around there is an additional operational requirement that we must satisfy. Parades, funeral details, guard duty, post police, etc. I understand that there is a firing range at Camp Parks that has been in the works for about two years. And no telling when we'll be able to finish it.

SP5 Jimmy Dorsey, MISO. There is nothing I dislike anymore about the place, not since they cut the formations down to once a week. That is really great. What I really like about the place is that I am from Los Angeles. Anytime that I feel like going home, well, I am only about 460 miles away.

Sp4 Mark A McDonald, 170th MP CO. The present lack of transportation for those people who do not have any. I mean, bus 28 stops running at 8p.m. Bus 45 till one in the morning. I understand there is a shuttle bus running, but if you miss that one, it's the ol' thumb.

With summer, come the Reserves

What happened to that oil spill?



Taking time out of their busy schedule, **Reservists SP/4 Peter Johnson and SP/4 Lonnie Newman hose the ground at a Bicentennial Park being developed at the Point Molate training site.**

By Robyn Sherwood

With the start of summer, Army Reserve Units across the country begin their annual training in and around the Presidio.

The Wharf Platoon of the 259th Petroleum Battalion, from Pleasant Grove, Utah, is training at Point Molate, a Naval Fuel Depot.

"This is one of the first times we've had cross branch, Army-Navy training," said Captain Dale Bigler, wharf platoon leader.

The training the reserves will participate in includes gauging tanks, cleaning a Navy barge, valve and pier maintenance and refueling operations on barges.

"Our mission," says Capt. Bigler, "involves the off-loading and dispatch of petroleum products to support assigned unit needs. Our wharf platoon hooks up the lines to off-load the barges and move the product to the tank farm, tanks, trucks, etc.

"Several interesting activities of this summer camp include a tour of Standard Oil Refinery, the Bay Model, and two large transport ships. A civilian ship had an oil spill and the platoon was able to witness the interworking of helicopters, skimmers, oil spill booms, etc., in the actual cleanup operation.

The Army's stevedores

By Robyn Sherwood

The 483rd Transportation Battalion, a Calif. Army Reserve Unit, is presently training at Rio Vista.

The battalion is comprised of the 481st and the 861st Transportation Corps.

"The purpose of Rio Vista is to train the reservists as stevedores (handling cargo) and boat handling," stated Master Sergeant James Barnett, NCOIC recently transferred from the Presidio.

"One of their missions currently in progress is the transporting of five boats, (LCU's) from Rough and Ready Island. The boats will be towed by two tugs to Oakland, where they'll be shipped to Hawaii," said Barnett. "This assignment has saved the Army thousands of dollars in fuel, and man hours."

As part of their annual, two week training, the 483rd will participate in a practice loading and unloading of ships docked in the Sacramento River and an exercise cleaning debris out of the river in conjunction with the Coast Guard.

"Rio Vista has several kinds of ships which reservists can and probably will practice with. We have a 364 foot class C cargo vessel, several LCU, which are used to move cargo, two LCMs Mike boats; two 86-foot tug boats and one 69-foot passenger boat, used for VIPs," stated Sergeant First Class Doug Frampton, water operations NCO.

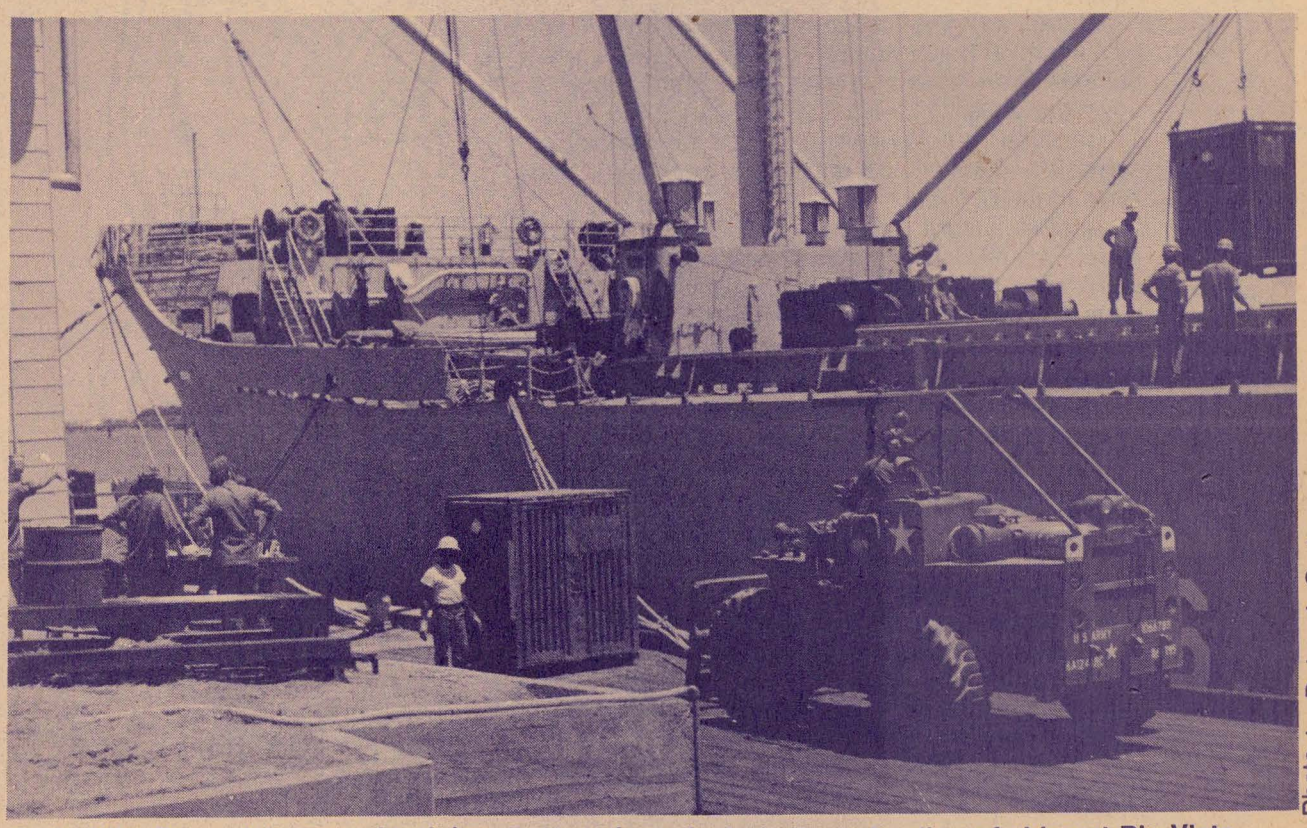
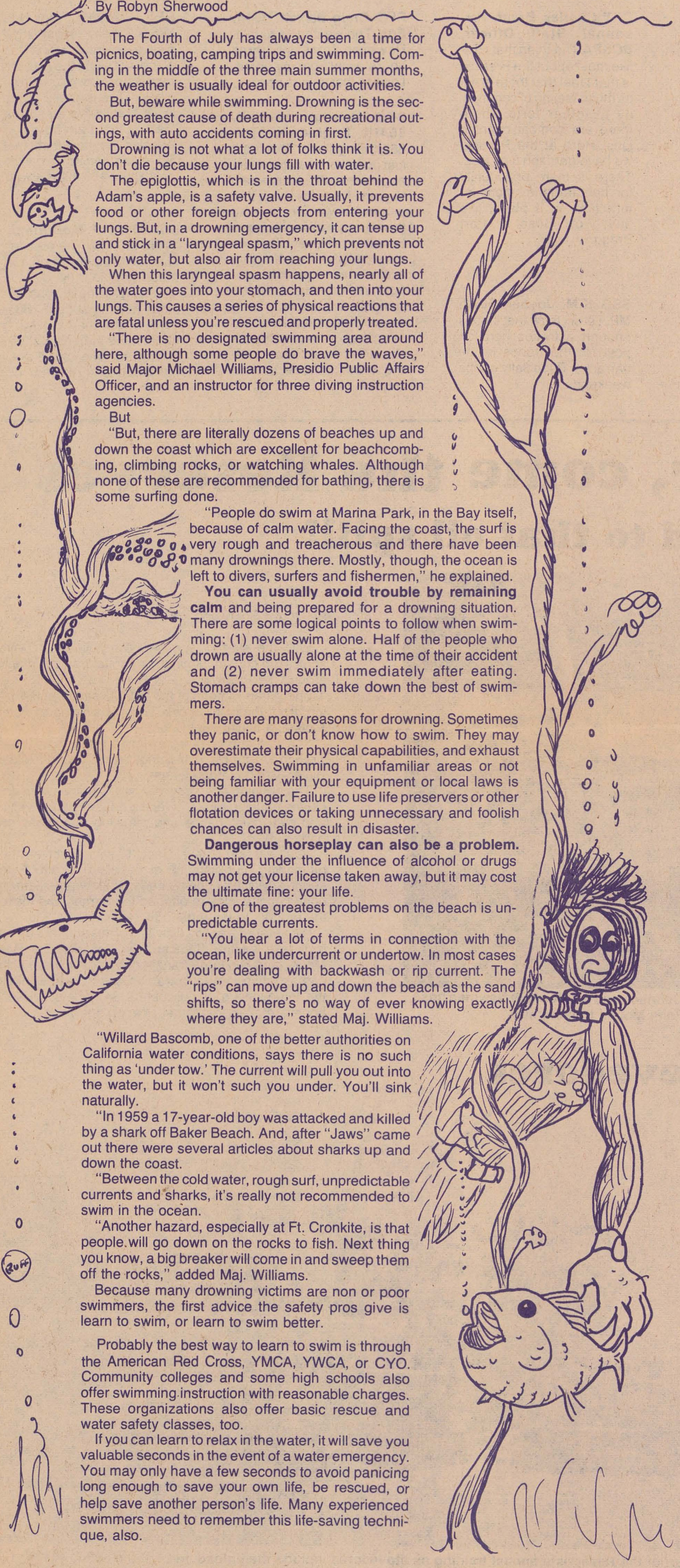


Photo by Deborah Carter

Part of the **Reservists annual training as stevedores include the unloading of ships at Rio Vista.**

Stroking for your life

By Robyn Sherwood



The Fourth of July has always been a time for picnics, boating, camping trips and swimming. Coming in the middle of the three main summer months, the weather is usually ideal for outdoor activities.

But, beware while swimming. Drowning is the second greatest cause of death during recreational outings, with auto accidents coming in first.

Drowning is not what a lot of folks think it is. You don't die because your lungs fill with water.

The epiglottis, which is in the throat behind the Adam's apple, is a safety valve. Usually, it prevents food or other foreign objects from entering your lungs. But, in a drowning emergency, it can tense up and stick in a "laryngeal spasm," which prevents not only water, but also air from reaching your lungs.

When this laryngeal spasm happens, nearly all of the water goes into your stomach, and then into your lungs. This causes a series of physical reactions that are fatal unless you're rescued and properly treated.

"There is no designated swimming area around here, although some people do brave the waves," said Major Michael Williams, Presidio Public Affairs Officer, and an instructor for three diving instruction agencies.

But

"But, there are literally dozens of beaches up and down the coast which are excellent for beachcombing, climbing rocks, or watching whales. Although none of these are recommended for bathing, there is some surfing done.

"People do swim at Marina Park, in the Bay itself, because of calm water. Facing the coast, the surf is very rough and treacherous and there have been many drownings there. Mostly, though, the ocean is left to divers, surfers and fishermen," he explained.

You can usually avoid trouble by remaining calm and being prepared for a drowning situation. There are some logical points to follow when swimming: (1) never swim alone. Half of the people who drown are usually alone at the time of their accident and (2) never swim immediately after eating. Stomach cramps can take down the best of swimmers.

There are many reasons for drowning. Sometimes they panic, or don't know how to swim. They may overestimate their physical capabilities, and exhaust themselves. Swimming in unfamiliar areas or not being familiar with your equipment or local laws is another danger. Failure to use life preservers or other flotation devices or taking unnecessary and foolish chances can also result in disaster.

Dangerous horseplay can also be a problem. Swimming under the influence of alcohol or drugs may not get your license taken away, but it may cost the ultimate fine: your life.

One of the greatest problems on the beach is unpredictable currents.

"You hear a lot of terms in connection with the ocean, like undercurrent or undertow. In most cases you're dealing with backwash or rip current. The "rips" can move up and down the beach as the sand shifts, so there's no way of ever knowing exactly where they are," stated Maj. Williams.

"Willard Bascomb, one of the better authorities on California water conditions, says there is no such thing as 'under tow.' The current will pull you out into the water, but it won't such you under. You'll sink naturally.

"In 1959 a 17-year-old boy was attacked and killed by a shark off Baker Beach. And, after "Jaws" came out there were several articles about sharks up and down the coast.

"Between the cold water, rough surf, unpredictable currents and sharks, it's really not recommended to swim in the ocean.

"Another hazard, especially at Ft. Cronkite, is that people will go down on the rocks to fish. Next thing you know, a big breaker will come in and sweep them off the rocks," added Maj. Williams.

Because many drowning victims are non or poor swimmers, the first advice the safety pros give is learn to swim, or learn to swim better.

Probably the best way to learn to swim is through the American Red Cross, YMCA, YWCA, or CYO. Community colleges and some high schools also offer swimming instruction with reasonable charges. These organizations also offer basic rescue and water safety classes, too.

If you can learn to relax in the water, it will save you valuable seconds in the event of a water emergency. You may only have a few seconds to avoid panicing long enough to save your own life, be rescued, or help save another person's life. Many experienced swimmers need to remember this life-saving technique, also.



Mendocino camping trip

Join the Central YMCA on an oceanside camping trip near the redwoods in Mendocino County on July 9-11. We'll also be doing some wine tasting on the way home. Food, transportation, and the campsite provided. Cost: $23.

July rec center activities

The Presidio Recreation Center is sponsoring some activities during July. Chief among them and starting off the month we have:

A **Balcony Party** in the afternoon on Sunday, the 4th of July; a fabulous singer and a neat band called "Etta and the Alteration" to play the music at our dance on Friday, July 9th at 9p.m. On Saturday, July 10, also at 9p.m., we're having another dance featuring an old favorite called "Southern Comfort." If you are the type who likes music played in the top rungs of the music world and favor variety, these are the bands for you. You can't beat the **Trade Winds** for atmosphere so maybe you ought to put these two bands on your agenda for next weekend. All activities sponsored by the Presidio Recreation Center are intended for the entire military community.

CAL-PAL Bantam major/minor league baseball games

Schedule for games (CAL-PAL played at Paul Good Field and BANTAMS at Pop Hicks Field) is as follows:

July 6, St Vincent de Paul vs Yanks (Majors), 5:30p.m.

July 7, Marina Lions vs Dodgers (CAL-PAL), 5:30p.m.

July 7, Oakland vs Seals (Minors), 5:30p.m.

July 8, Yanks vs Phils (Majors), 5:30p.m.

PSF intramural golf championship

The US Army Readiness Region IX Intramural Golf Team won the post championship at the Presidio Golf Club on June 24.

Members of the ARR IX team were Leonard Burdick, Joe Sulenski and John Gillespie. Units with teams competing for the championship were ARR IX, USA Reference Lab, WRRC and 170th MP Co. Leonard Burdick shot an 18-hole score of 78 to lead his team to victory with a composite medal score of 215. WRRC and Ref Lab tied with 235. Roscoe Byrd of Ref Lab defeated Richard Scott of WRRC in sudden death play on the 19th hole to lead Ref Lab to a 2nd place finish. 170th MP Co finished fourth with a score of 240.

The Intramural Golf season started on March 17 with 15 teams competing in round robin play in two leagues.

Final Golf League standings were:

PRESIDIO LEAGUE

	Won	Lost	Tie
170th MP Co	7	0	0
WRRC	5	2	0
402nd MP Co	3	3	1
525th MI Gp	3	4	0
LAIR	3	4	1
USAG	2	4	1
Support Element	2	5	0
LAMC No. 1	2	5	0
FT. SCOTT LEAGUE			
ARR IX	6	0	0
USA Ref Lab	4	2	0
AFPD	4	2	0
LAMC No. 2	4	2	0
163rd MP Det	2	4	0
16th BPO	1	5	0
864th ENGRS	0	6	0

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Presidio celebrates Bicentennial



Photo by Randy Butehorn

Starting off the Bicentennial **parade Sunday was the Korean Marching Band.**

By Robyn Sherwood

The crowd set the mood Sunday at the Presidio's 4th of July celebration. An unusually large number of people, estimated at close to 4,000, were on hand for the salute to America.

Amid cheers, whistles and applause, the Korean Marching Unit, from the ship Chung-Bau, made its way onto the main parade field. The unit opened the ceremonies with **It's A Grand Old Flag.** After playing several more appropriate musical arrangements, the unit left the field with an echoing round of approval.

The marching contingents representing the different military affiliations were scheduled to make their entrance. Since they were running a few minutes late, the crowd became a little restless. Clapping in unison, the crowd demanded the show it had come to see.

Proudly, the troops marched into position, ready for inspection, onto the parade field. The crowd noise changed from restless clapping to a warm, welcoming cheer.

Following all the 'pomp and circumstance,' with an avid curiosity, the spectators awaited retreat and the much anticipated 50-gun salute.

With the initial firing of the cannon, people stood, awed. Possibly a little startled, too. Then came the rush as camera-clicking spectators hurried closer for a good shot.

As the flag was lowered, the overwhelming meaning of this, America's bicentennial 4th of July, was shown in the solemn, quiet, pride-filled faces of those who came to America's birthday celebration on the Presidio.

"My flag is bigger than your flag."

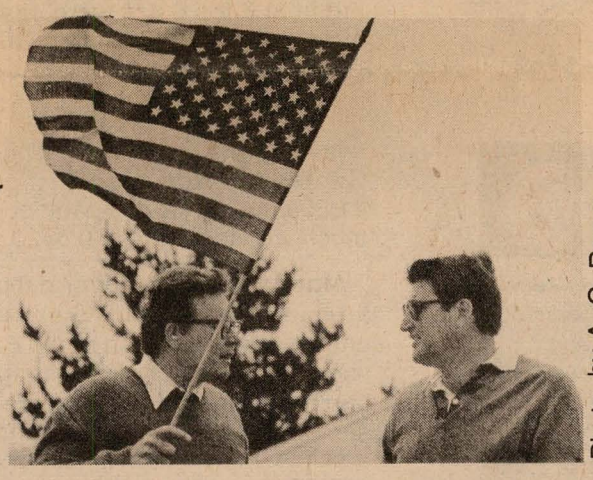


Photo by A. C. Reyes



Photo by A. C. Reyes

Finding a vantage point is easy **if you can keep the dogs away!!!**



Photo by Randy Butehorn

The 50-gun salute, fired by the 402nd Salute Battery, added the final touch to the day's ceremonies.

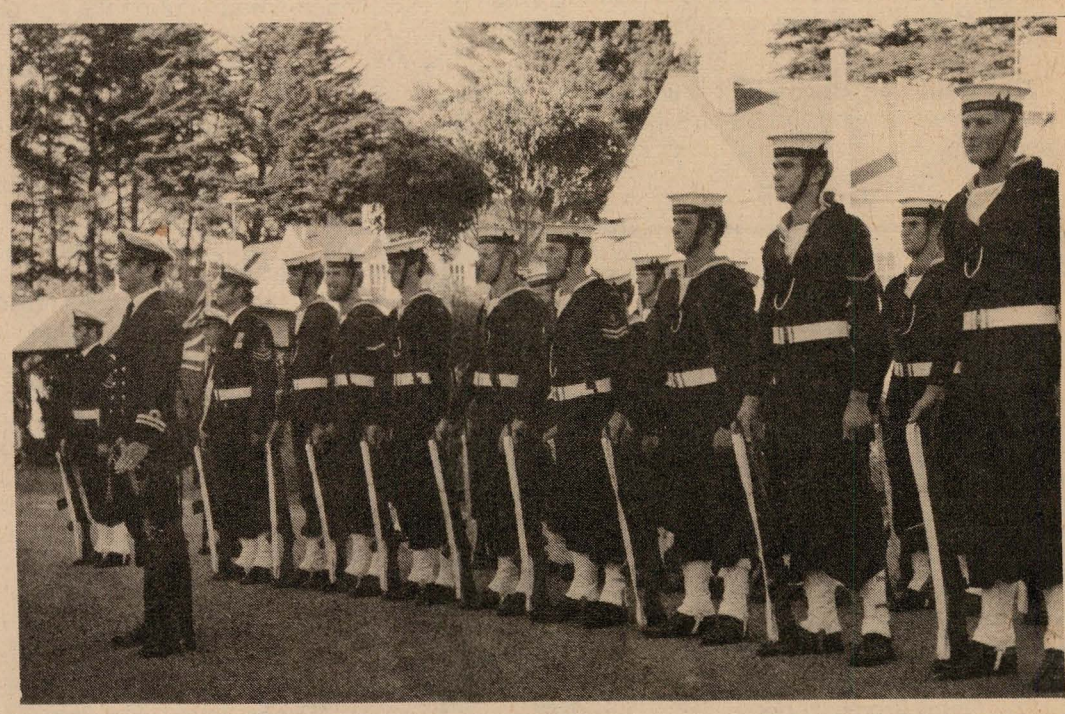


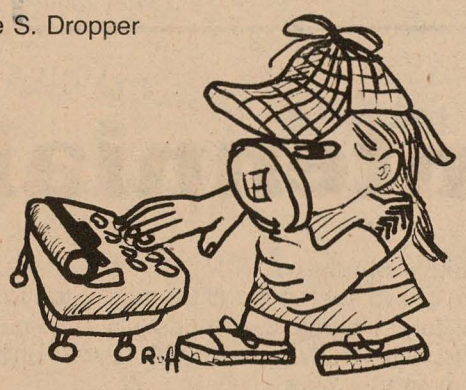
Photo by Randy Butehorn

An Australian marching contingent joined the Presidio for the 4th of July activities.

The secret eye

A gathering of people and events under the watchful SP typewriter

By Eve S. Dropper



Can you believe we're starting on our 201st year? Truthfully, I'm glad the fourth is over. But, it was nice. Hope you enjoyed.

Anybody out there interested in furry critters? Well there's a free collie/shepherd five months old, with current shots and a gray and white cat, five months old with shots. If you're interested, call 5252 after 6p.m. I can't say much about the cat, but I had a collie/shepherd combination and it's really nice. Good dogs.

If you're still "singing in the rain ... ," or the shower, the Presidio Music Center is offering a five-week voice class beginning July 12. The class will meet each Monday from 7:30 to 9:30p.m. No previous training is necessary and the total fee is only $5.00. So, if you're tired of your voice having wet, gurgling sound, call 5897/3992 for registration.



There's gonna be a couple of dances at the Rec Center this weekend. Tonight at 9, "Etta and the Alteration" will be the entertainment. Saturday, at 9p.m. you can dance to "Southern Comfort." So, get your high-heeled sneakers on.

"Carousel Cards" are here! The Rec Center ITT Office has received these discount cards for the Great America amusement park. For more info call 5480 between 1 and 5p.m.

Get your hammer, nails and jigsaws, 'cause there's a beginners woodworking class being offered by the Post Crafts Shop. Every Friday, for four weeks, starting July 16, the class will meet from 6:30 to 9:30p.m. Sign-up is required, so get down to the Crafts Shop, or call 4497.

The GED Automotive Repair Class has taken the summer off, so the Automotive Repair Shop will be open on Tuesday evenings from 6 to 10p.m.

The 402nd is out in the field practicing for their ARTEP. Of course, the soldiers should be in good shape after all that parade practice ...

Chaplain Lee Burris will retire the end of this month. He's leaving the 504th's hospitality for civvies.

Star Presidian

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Colonel Warren J. Lodge, commander
Major Michael J. Williams, public affairs officer
Sp4 David M. Ruff, editor
Sp4 Carol Cronin, reporter
SP4 Robyn Sherwood, reporter

Surprise! I hear Captain John Spearman is leaving the 504th to take over duties at 6th Army Aviation Detachment on the 12th. Sorry to hear that.

Aggression is only part of the war games the 170th is helping the 402nd with. They're also aggressive bowlers. I heard they won all three league games and got the extra point for high scores. Well, bowl me down ...

And Private James Miller left AIT at Ft. McClellan, (Oh, how I remember Ft. Mac,) for his assignment with the 170th. The heat, the mosquitoes, and the used-car lot of Anniston are all behind you now. Ain't ya glad?

A new exec. officer for the 16th BPO is here. Lieutenant Monte Mingus is the new XO, and the troops seem pleased. Welcome to the Presidio.

Leaving the 16th BPO is SP4 Henry Ellis, who went and got himself reclassified from a postal worker to a mortician's helper. On purpose?

And home town canvassing has accepted SP/4 Michele Haney from the 16th BPO. Hear she doesn't know exactly where she'll be canvassing, but I hope she enjoys.

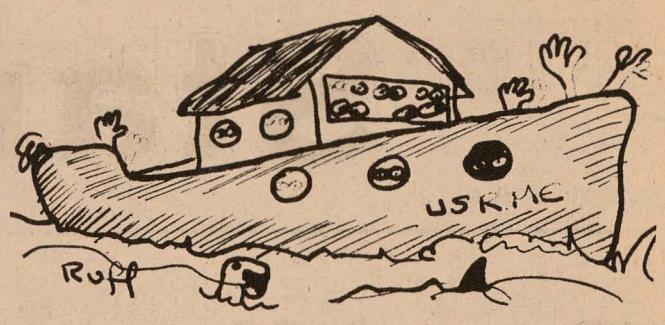
As these two move out, SP/4 Linda Yonan has made her arrival from Hawaii and SP/5 Bill Corzatt is here from Korea. Hope all you guys can get together for your pre-IG inspections. Got to get all the 'bugs' out for ther REAL ONE ...

A subbie driver/rider is wanted during July and August for an established car pool, from San Rafael (Canal area) to PSF. Contact Julie Bennison, Ext 2760, or Fran Rhodes, Ext 3952. Three is better!

Clickety-click, tippy toe—tap and/or jazz classes will be offered on Saturday mornings if 10 people register for each class. Fee will be $10 per class and the class will begin late July or early August. If you can fill tap shoes, call 5897/3992.

The band has cancelled its concert dates for July, so sayeth the 6th Army. Next show will be August 18.

Last weekend some units from the 504th MP Battalion were involved in the Bicentennial activities. The 402nd was doing the honor guard but and the salute battery. Guess you guys got a great view of the parade.



The 864th has gotten in a new shipload of people. Pvt. Pha Abernathy came from AIT at Ft. Jackson; SP5 Louis Metz, from Germany; SP5 Donald Tilley, from Korea; and Pvt. Donald Porter, Pvt. Terry Miller, and Pvt. Alex Hileman, all from AIT at Ft. Leonard Wood.

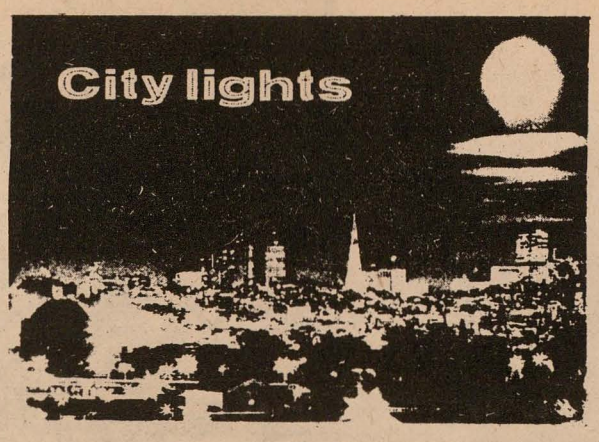
Of course, when one ship comes in, another goes out. This time it took SSgt. Clifford Siemon to Ft. Bliss, Tex.; SSgt. Floyd Drake to Camp Parks; SP5 Miguel Macaspac to Germany; and SP4 Casimir Sieradyki and PFC Wilbert Moore to civilian life.

Keep your friends smiling. Love you lovers and take 'n take and keep on whatever. I will.



***Bi-bicentennial babies were born* at 7:15p.m. in LAMC, on the nation's 200th birthday. Twins, a boy and girl, were delivered to Mrs. Teresa Ann Smith, wife of Sergeant John Ray Smith, NCOIC of traffic at the Provost Marshal Office.**

The bi-bicentennial girlchild was delivered four minutes earlier than the bi-bi boy. Weighing in at 6 lbs 6 ozs were Jason Ray Smith and his older sister, Christina Ruthann.



Friday, 9th If you've heard low voices humming in harmony, floating to you from around corners and over walls this last week, you don't necessarily need a shrink. It was probably one of the hundreds of barbershop quartets in town for the national convention of the Society for the Preservation and Encouragement of Barber Shop Quartet Singing in America. Several thousand members will participate in a free noon-time performance in Union Square today.

Saturday, 10th Remember "The Renaissance Pleasure Faire" and "The Great Dickens Christmas Fair?" Well, the same people are re-creating a 100th Birthday Party for the United States as it might have been held in a rural San Francisco community in 1876. "Great American Shindig and Old Fashioned Country Fair" is opening July 10th at Black Point Farm, Novato, and will continue for three weekends.

Gentlemen are advised not to wear firearms and to refrain from drunkeness and vile language, and San Francisco ladies are urged not to wear rouge or powder, as there will be small children present. In addition to "Fiddlin' and Banjo" judgings, and the Huck Finn Look Alike judgings, champion story tellers will compete in a Liars Contest with Mark Twain serving as judge. The "shindig" is open Saturdays and Sundays from 10a.m. to 6p.m. Admission is $3.75 adults, $1.75 children. However, advance tickets may be purchased by writing P.O. Box 18104, San Francisco, CA 94118, for $3.25 adults, $1.25 children.

Sunday, 11th The Stern Grove Concert series continues today with the Preservation Hall Jazz Band. The free 2p.m. concert is set in a natural amphitheatre. Eager ears can come early for a seat or relax on the grassy slope. The Presidio Recreation Center is organizing a trip to the concert at 11:30a.m., so for company or transportation get in touch with them at 2000/5420.

Monday, 12th Modern dance, ballet, beginning acting and early morning exercise are some of the summer courses offered by the Performing Arts Workshop (PAW), a non-profit organization supported in part by public funding. Fees are minimal for the classes which work toward performance in local theaters and the PAW studio. For further information call 931-9228.

Tuesday, 13th "People's Murals: Some Events in American History" are on display at the San Francisco Museum of Modern Art, Tuesday through Friday, 10a.m. to 10p.m., and Saturday and Sunday 10a.m. to 5p.m. The freshly completed murals were moved to the main galleries on July 8. Admission to the exhibition, ending August 8, is $1.00. The museum is in the War Memorial Veterans Building, Van Ness and McAllister St.



Wednesday, 14th How inventive has the American mind been over the centuries? The Exploratorium gives some idea through "The Spirit of Innovation," a show illustrating "the pervading spirit of inventiveness in United States culture and development." The Exploratorium is open Wednesday through Sunday 1 to 5p.m., and Wednesday evening 7 to 9:30p.m. Admission is free.

Thursday, 15th Gather up those books you've already read three times and trade them in for different ones. The Presidio Recreation Center is hosting a book swap tonight at 8p.m. Before leaving to start poring over your new literature, visit the astrologer who will also be at the Rec Center at 8p.m. Who knows what the stars may have to tell you?

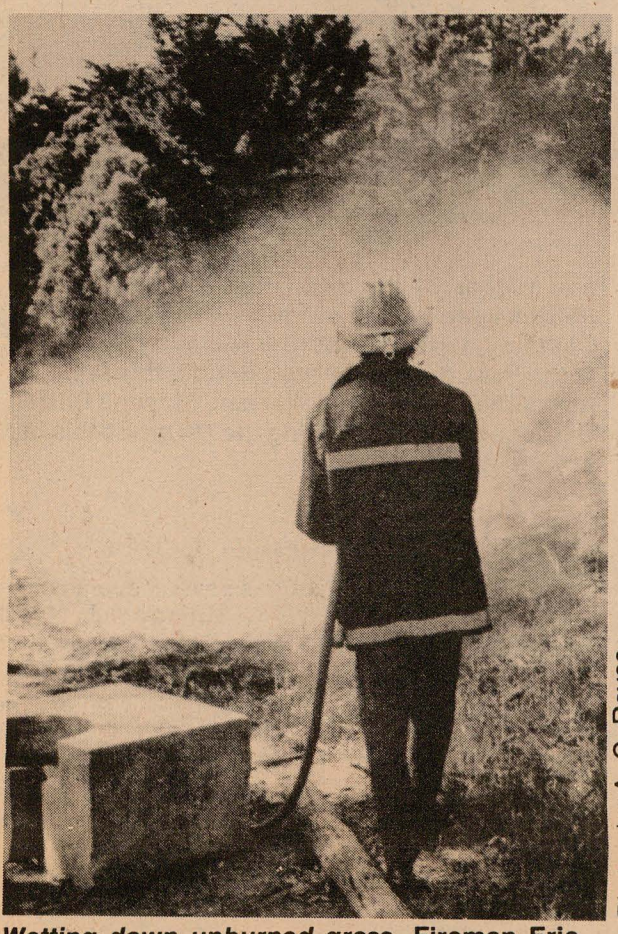
Fire: a tool, a deadly enemy

By A.C. Reyes

Since the beginning of time, man has used fire to cook his food, warm his cave, frighten away predators, and in general to serve his needs. Later on, he expanded its use to forging weapons, casting utensils and countless other tasks. Without fire, chances are that we wouldn't be here, or at least civilization as we know it wouldn't exist.

There is no doubt that fire has made man's accomplishments easier to achieve. It is an awesome, capable friend. But it can also be an implacable foe, consuming everything in its fiery path, when allowed to rage uncontrolled. Forests, wildlife, and man himself has fallen victim to fire's senseless and terrifying flames.

DOD figures show that there were 20,000 fires on federal property alone. The lost personal property reached more than $180,000,000. Fire was responsible for 38 deaths, and more than 650 injuries. These figures do not include the civilian communities. It follows then, that everyone must do his or her part to insure that fire remains man's servant instead of master.



Photos by A. C. Reyes

Wetting down unburned grass, **Fireman Eric Larsen-Ravn attempts to arrest the grass fire here Tuesday.**



Fire fighting is hard **work for everyone involved.**

Fires can be prevented; all it takes is a little common sense, well-followed safety procedures, and no deviation from them. Parents should be very careful to teach children the dangers of playing with fire. Matches in particular should not be allowed to get into children's hands. The harried housewife, leaving a pot unattended on the stove while she answers a phone call, the thoughtless motorist who throws his still lighted cigarette out the window, the camper who is not careful enough and leaves his campfire smoldering, all these are probably causes of fire. And the results are always the same: Loss of property, wildlife, and most tragic of all, human life.

We can all do our part to see that it does not happen. Our advanced technology has advanced rapidly, and while it has certainly resulted in better living conditions, it has also brought with it an abundance of fire hazards.

Here in the Presidio, brush fires are quite common, and the hot weather plus the lack of rainfall has contributed to the almost tinder like dryness of grassy areas. All it takes is an act of carelessness, a lighted match, or a cigarette to start the fire. Take care!

Author's note. As this article was being written, a brush fire occurred near Sanchez Road. A witness who reported the fire stated, "At first I thought it was fog, but it kept getting thicker. I walked over to check it out. That's when I realized the grassy area between Sumner and Sanchez Roads was on fire." No. injuries were reported.

Uniform changes thru history

George Washington may have had a flashy uniform, but his troops had to wear pretty much whatever they could find. This situation wasn't unique to the Revolutionary War, however. It was common in the wars to come.

At Valley Forge, many of the troops did not have enough clothing to protect them from the cold, but high-ranking officers, such as General Washington, wore tight breeches, tri-cornered hats, and brightly colored cutaway jackets with a great amount of trappings.

The first true Army uniforms were not widely used until the War of 1812 with Great Britain. The trappings were still there, as well as the plumed hats and the knee-high boots.

The Civil War saw the origination of distinctive unit insignia. Some soldiers wore colored fabric pinned to their sleeves to denote their membership in an elite unit. Enlisted men wore their chevrons (rank) on their sleeves, while the officers wore their rank on shoulder boards.

While almost all the Union troops wore dark blue frock or sack coats with very few adornments, Confederate soldiers wore whatever was handy. Those who could afford uniforms, usually only the officers, wore outlandish gray costumes with plumage and sashes. The Confederates had no standard uniforms, so each officer was free to design his own.

The Spanish-American War brought the adoption of a khaki tropical uniform, but few troops received them until late in the war. The majority of the soldiers wore the standard blue field uniform and campaign hat. On these hats were worn distinctive unit badges, a forerunner of the present unit patch.

American Expeditionary Force troops arrived in France in uniforms that ranged in color from mustard green to various shades of brown. The tremendous



requirement for fabric caused the non-uniformity of the colors. AEF troops wore the British "basin" style steel helmet, and the cut of the uniform itself had the British look. Officers wore kneehigh brown boots, while the enlisted men wore canvas leggings or "puttees," a wraparound substitute for the leggings, which were in short supply.

The fatigue uniform of today had its beginnings in World War II, when wool, olive green field uniforms were standard issue. The steel helmet took on the "pot" shape, and uniform styles for both officers and enlisted men became the same—only the rank insignia showed the difference now.

After World War II, more uniforms appeared—the Army Green uniform, the Army tan uniform and the dress uniform.

In the 1960's the tan uniform was eliminated, and shoes and hat leather changed from brown to black. This marked the first footwear color change since the turn of the 20th century.

New experimental uniforms started to be developed, both for men and women. Out of this period of development came the wash and wear fatigues, a tropical weight (TW) shirt and slacks for summer wear and a new type of headgear—the beret. First green, then maroon, now many colors marking elite Army units.

The Army uniform might not be perfect, but we have come a long way since the tri-cornered hats of 1776.

From the Pentagram News.



Photos by A. C. Reyes



"On a bicycle built for two." **Patrick Barber, 12, and Eric Andrus, 15, have taken an unconventional approach to this old idea. Combining their two bicycles, these two 'all-American youths,' have hit upon an original and imaginative way to get around. Eric, being the oldest and bigger of the two, rides the front, while Patrick keeps a lookout in the rear. Eric, son of Captain Lawrence Andrus, will enter 9th grade at the Presidio Junior High School this fall. Patrick is the son of Chief Warrant Officer 3 Darrell Barber and will be entering the 7th grade this fall at Presidio Jr. High.**

It's a bicycle, it's a tricycle,

It's a . . . what is it?

Waterskiing

The Central YMCA will be offering a weekend of waterskiing at Lake Berryessa on July 17 & 18, in addition to camping overnite beside the lake. Food, transportation, the campsite, and skiing provided. Beginners welcome. Cost: $22.

Plant class

You can learn California native plants, and botanical techniques, with Ida Geary, author of **"The Leaf Book."**

Fort Point Promenade Classroom: Building No. 672 on the GGNRA Promenade. Tuesday through Friday, 10a.m. to 4p.m. Walks on Tuesday, Workshops in botanical techniques choice of Wednesday through Friday ...Tuition Free.

Downhill racers

Three Presidio youths are getting a head start on their mechanical know how. Chris Wentworth, Kurt Collins and Robert Boyer, all dependents, are entrants in Vallejo's 1976 Soap Box Derby. Chris is entered in the Super Car division. He designed his redwood strip car himself, and has been working on it for the last seven months. Kurt and Robert are entered in the Kit Car division, which involves cars made from kits that take approximately six weeks to build. The winners from each division will go to Akron, Ohio for the national finals.

Handballers to compete

A handball tournament is being sponsored by the post gym starting July 14. The post favorite is Creed Smith, from MEDLAB.

Cal-Pal Bantam baseball games

Schedule for these games (CAL-PAL played at Paul Goode Field and BANTAMS at Pop Hicks Field) is as follows:

July 10, St Vincent de Paul vs Twins (Majors), 1:30p.m.
July 10, Phils vs Corpus Christi (Majors), 3:30p.m.
July 10, Totems vs Oaks, 9:30a.m.
July 10, Oakland vs Solons (Minors) Game at Oakland, 10:30a.m.
July 10, Park Presidio Lions vs Dodgers (cal-PAL), 11a.m.
July 12, Totems vs Oakland (Minors), 5:30p.m.
July 13, Phils vs St Vincent de Paul (Majors), 5:30p.m.
July 14, Solons vs Oaks (Minors), 5:30p.m.
July 15, Twins vs Corpus Christi, 5:30p.m.



Softball team standings

Presidio

League	**Won**	**Lost**
LAMC No. 1	8	1
USAG	7	2
864th	5	2
402nd	4	5
GGG Radar Squad	4	6
LAIR	3	5
170 MP	2	7
Dist. Corps Eng.	1	6
Ft. Scott League	**Won**	**Lost**
WRRC	6	2
LAMC No. 2	6	2
HHD 504th	5	2
16th BPO	4	5
525 MI Gp.	3	3
ARR IX	3	5
Ref Lab	0	8

Rec Center activities

The Presidio Recreation has several events coming up during the middle of July. **Sunday,** July 11, will be a tour to Stern Grove to hear the "Preservation Hall" Jazz Band. It's free and all you have to do to go is sign up for the tour at the Recreation Center. The bus leaves at 11:30a.m.

Friday, 16th, will be the "Pine Street Band" coming back for a really exciting night of plain old Rock and Roll music. If you don't like country western music you have a choice at the Trade Winds. The Dance starts at 9:00p.m. For all you old timers who are driven crazy by loud modern music, plan to come to the Trade Winds on Saturday night, the 17th with Harry Mason and his Combo for an old fashioned **Nostalgia night** with music from the 40's, 50's, and 60's. Get out your dancing shoes Ma, it begins at 9p.m. sharp.

Last but not least, the Presidio Recreation Center is sponsoring a **Wine Tasting Class.** If you like wine and you would like to learn how to best appreciate the fine wines available to you here in the Bay Area this class is a must for you. It takes five weeks to complete, with a 2 1/2 hour class taught once a week, by the Wine Associates, and the fee is $28.00 per person. Minimum enrollment is 18 persons, so bring a friend. As soon as we get the minimum number of participants we'll start. Sign up at the Recreation Center, Bldg. 135, open seven days a week, 1:30p.m. to 10:00p.m..

Ramblin' Sam

What changes would you like to see in the next 100 years?

SP5 Paul Kessler I envision a big bang, and civilization as we know it will revert back to prehistoric times.

SP5 John Lopez. Driver Technologically speaking, I would like to see a better concept of transportation, one more suited to transporting large numbers of people, instead of what we have now. I would also like to see man more in tune with the environment. Cities under the sea. Perhaps man will someday be able to walk on the ocean floor with the same ease as he now does on the surface.

PVT Kathy Underhill. Driver Cars driven from a centrally located computer.

SP6 Herbert Herod A woman president. Perhaps some changes in the present system of selecting the president. Don't ask what these changes may be, I just don't know.

PFC Nick Kafura, electrician, 864th Nuclear energy, a more liberal society, the 40-hour work week an oddity of the past. Man will (hopefully) have a much better understanding of himself. And, I hope by then wars will not be a part of our daily news.

Lorie Jensen, PVT 402nd A car with a programmable computer. You just get in, punch out your destination and sit back and enjoy the ride. All the driver's functions would be taken over by automation.

PVT Ove Hatlevoll, 170th MP The distinction between socialism and capitalism will be less marked. Even now you can see that the socialist countries have adopted some of our methods. And we have adopted some of theirs.

SP4 Marguerite Taylor, psychiatry Perhaps I am an idealist, but I'd like to see Humankind come to grips with some of the problems which now are pulling our society apart. Racial prejudice, disharmony, all the petty prejudices that we seem to be very much prone to.

U.S. Government Printing Office, 1975 Jacket No. 690-081, Print Order No. 46

Star Presidian

Volume 19, No. 27 | Presidio of San Francisco | Friday, July 16, 1976

Presidio Fire Department

More than just putting out fires

Story and photos by A. C. Reyes

"And then this guy just keeled over, all of a sudden. There were about a hundred or so people around. And you know what? No one did anything. They just stood around, and finally somebody from the studio came over, put the guy in his car and drove off. We never did find out just what happened to him, although somebody mentioned a heart attack."

Trained to cope

That was the turning point for now fireman Barry Allen Gaab. "There is this helpless feeling that you get when a situation like that occurs, and there you are wondering just what to do," said Barry. "You know that there is something that you must do, but you don't know what. And so you just stand there."

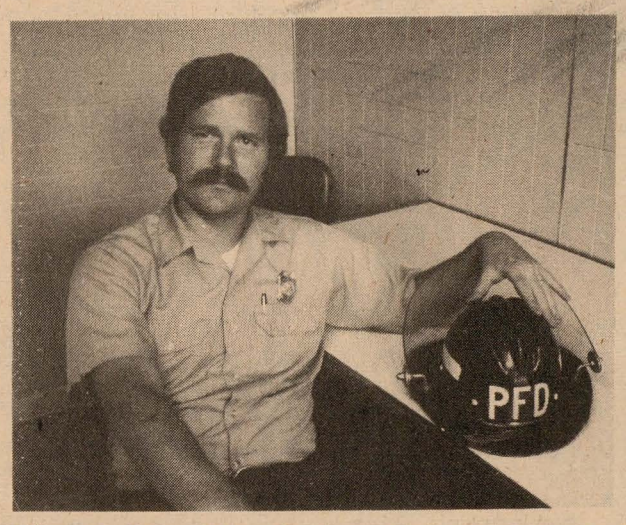
Barry doesn't just stand around. Assigned to the Presidio Fire station for the last 5 years, Barry has been busily taking, sometimes on his own time, lifesaving techniques, courses of instruction, etc., to the point that he is now a CPR instructor (Cardio-pulmonary-resuscitation), an emergency first aid instructor, and in his off-days, get this, he is an ambulance attendant.

The latest in instruction was the EMT (Emergency Medical Techniques). This course, that according to him lasts about a year, consists of a study of the human anatomy, types of splints, transporting the sick and injured, emergency childbirth, cardiac failures, etc.

"Why are you taking these courses," I wanted to know. "It is not required for a fireman." Barry looked at me with the by now all too familiar glint in his eyes, "Let me relate to you an incident that happened to me last year. I will not bore you with the particulars of the case, but suffice it to say that there was this patient that was being flown in from Pacifica. He was a heart case. Well, all the way from Pacifica to Crissy Field he was kept alive by one of the men in the aircraft. I happened to be at the field when they landed and was instrumental in getting the man to a hospital. The man who was performing the CPR was doing everything textbook perfect. And you know what? That man was one of my students." "That," he concluded, "makes it all worthwhile."

"It makes me feel very good inside to know that the training I have had makes me better prepared to repond to unexpected situations. I know I am capable of doing something for my fellow man. It is very rewarding."

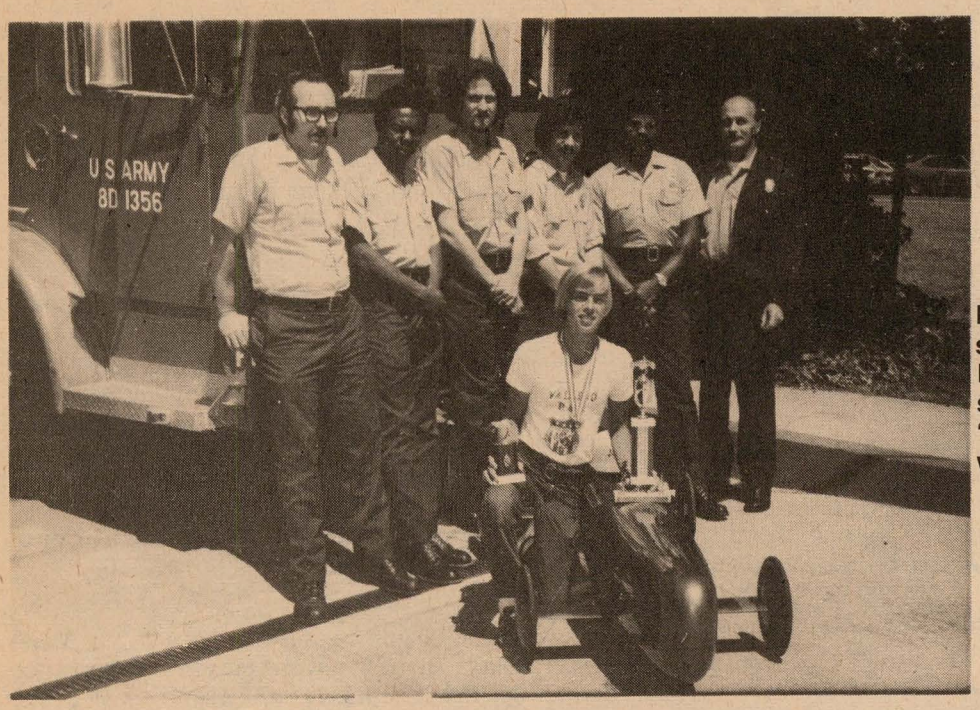
Barry, together with another fireman, Eric Larsen-Ravn, who has also had similar training, are two of that rare breed of man: dedicated, and determined. Somehow, you just feel better knowing they are around.



Fireman Barry Allen Gaab, a good man to have around.



Off with the old, on with the new. Hats, that is. Gloria Gonzalez, secretary at the Presidio Fire Department, models the new fireman's hat (white). The older hat, soon to be completely phased out, is at the bottom of the pix.



Beaming winner, proud sponsors. The Presidio Fire Department lines up solidly behind their "champ," Chris Wentworth.

Firemen push youth to winner's circle

Three Presidio youngsters, all dependents, competed last Sunday, July 11, in the Vallejo Annual Soapbox Derby. Chris Wentworth, Kurt Collins, and Robert Boyer, were trying for a much coveted shot at the National Championship in Akron, Ohio.

Chris, age 13, son of Major Pete Wentworth, is being sponsored by the Presidio Fire Department. The firemen, who also provided encouragement, gobs of advice, and lots of moral support, were enthusiastic, to a man, on learning that Chris had won.

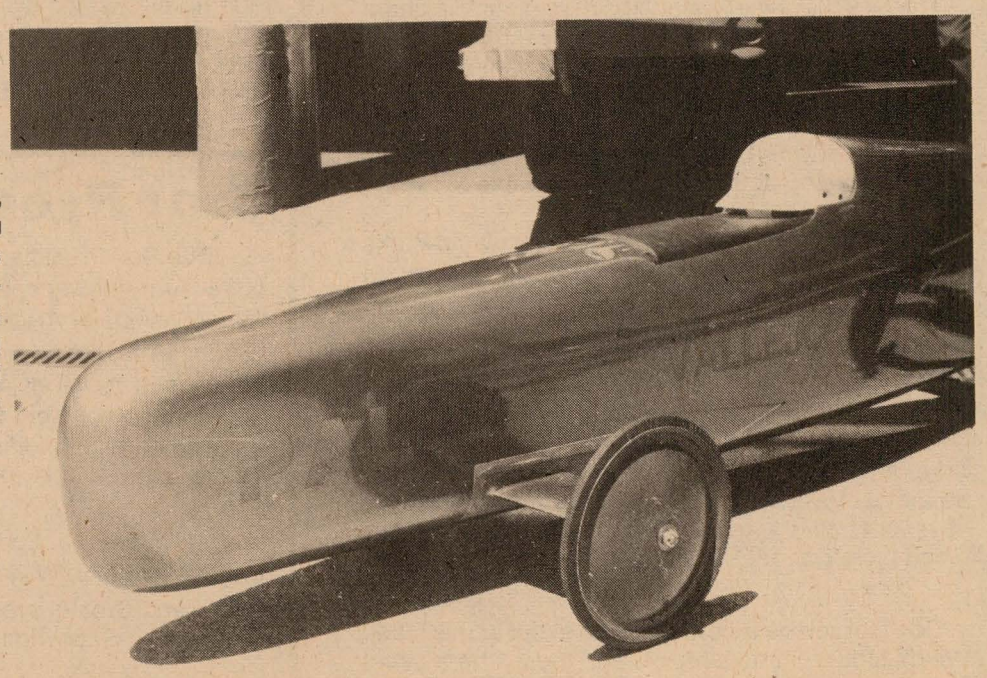
The following is an account of what the race could've been like:

A hush falls over the crowd in those interminable seconds, just before the starter jumps high into the air and sends the racers off. You hunch over the top of the streamlined, almost needle sharp cowl of the car that you poured so much attention into, and you try in vain to get in a somewhat more comfortable position. Impossible. Your legs are stretched out ahead of you, and you are sitting on the end of your spine. Not exactly a very relaxed position. You peer anxiously to the side, trying to gauge your opponent's degree of nervousness, but, like yourself, he is also hunching over, and the only visible thing are his eyes. Isn't he human?

This is the culmination of those long, arduous months; long months spent just in preparation for this particular moment. It seemed so long ago that the car you are sitting in now was just a half-finished lattice work of bolts and fiberglass, which you despaired of ever finishing in time.

The starter is bringing down the flag now. There is an almost imperceptible hesitation, and then, and then! You are suddenly very conscious of the other car. Is he pulling ahead of you? No! The road is rushing towards you, as you strain to keep the racer from veering to the sides. You have no time to be nervous now, although your heart is beating furiously. Yes; there is no doubt now, you are pulling ahead! There is the finish line, and the checkered flag is waving triumphantly at you! You made it. You won.

Watch out, Akron!



You don't get in this car, you just put it on, as you would a sweater. This is an almost exact prototype of Chris Wentworth's winning entry at Vallejo, Calif. last Sunday. Whatever happened to Soap BOX Racers???

Action line

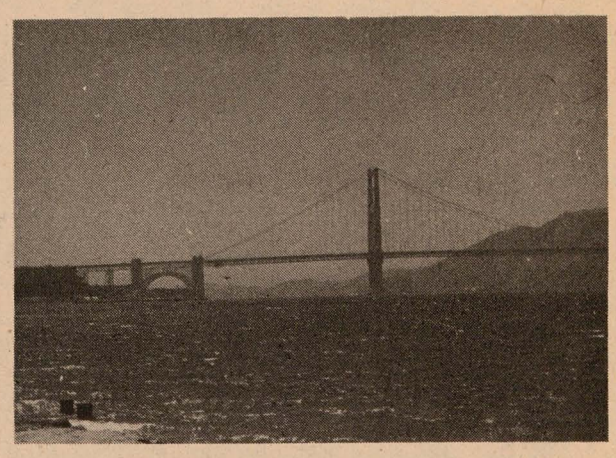
I've sent in three suggestions to the Suggestion Awards Program. At the bottom of the form there are instructions for the processors saying, "Immediately return copy 3 to suggestor's address." Despite this I have never received confirmation of receipt for any of my suggestions without having to pressure them. After a month and a half without word on two of my suggestions I went to the program office. They had received both suggestions, but I still had to be persistent to get them to fill out the bottom of the form and tear it off for me. I still haven't received confirmation on a third suggestion that I turned in over a month ago.

I think my suggestions have been good ones, and deserve confirmation of receipt and due consideration. If I don't receive proof of the date of its receipt, someone else can come up with the same idea later, but still get credit. The directors of the Suggestion Awards Program have been very unresponsive to this simple request, which makes me wonder about the sincerity and efficiency of the whole program.

Richard Larson
Recreation Aid
NAF

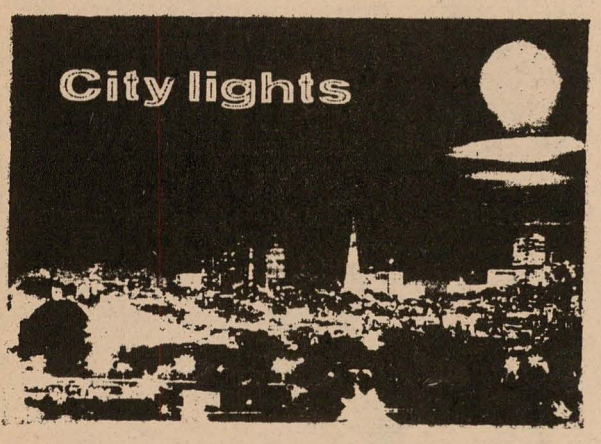
Acknowledgement of receipt for Mr. Larson's third suggestion was sent July 1,76. Simultaneously, his suggestions were forwarded to operating officials for evaluation. A Personnel Management Specialist from this office contacted him in person for explanation of delay in processing. The delay had been caused due to time needed in developing internal processing procedures and forms for suggestions submitted by NAF employees. Mr. Larsen's suggestions were the first group presented to this office shortly after the NAF suggestion program was established. All future NAF suggestions will be promptly processed.

JOHN T. STROM
Acting Civilian Personnel Officer



Find it

For those who found our FIND IT too hard last time, we herewith present an easier one. The first 900 people to call will be greeted with a profound silence.



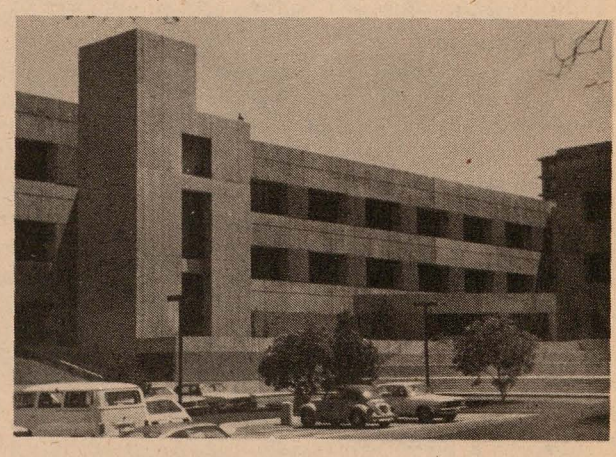
Friday, 16th "Seventh Heaven," one of the most famous American silents, is showing tonight at Avenue Photoplay, 2650 San Bruno Ave. at 8:30p.m. The Academy Award winning silent stars the romantic team of the 1920's, Janet Gaynor and Charles Farrell. It's a sentimental story of a street waif rescued by an itinerant worker. Admission is $2.00.

Saturday, 17th Get your vocal chords tuned up for the Welsh-American "Gymanfa Ganu." The Twin Bicentennial hymn singing festival at Calvary Presbyterian Church will run through tomorrow. Check with the church for the exact schedule.

Sunday, 18th If you're not sure whether you like opera enough to pay for it, take in the Merola Opera Performance while it's free. Stern Grove, 19th Ave. and Sloat Blvd., is hosting the fully staged opera today at 2p.m.

Wednesday, 21st Have a good ole time with "Good Ole Persons" at the Exploratorium tonight at 8p.m. The persons include Laurie Lewis, fiddle; Cathy Kallick, bass; Dorothy Baxter, lead and rhythm; Barbara Mendolsohn, banjo, spoons and the rare 100 string hammer dulcimer. Paul Shelasky, the California State Fiddling Champion will join them. Admission is 25 cents.

Thursday, 22nd The display of Three Centuries of Art in America from the Collection of Mr. and Mrs. John D. Rockefeller is drawing to a close. July 31 is the last day. Many items in the collection, regarded as the most important collection of American art in private hands, have never been on public display. There are major works by such artists as Charles Willson Peale, Winslow Homer, Raphaelle Peale, and Andrew Wyeth. The exhibition is being housed at De Young Memorial Museum, Golden Gate Park. The museum is open 10a.m. to 5p.m. daily. Admission is 75 cents (18 to 25 years), 25 cents (12 to 18 years), youngsters and oldsters free.

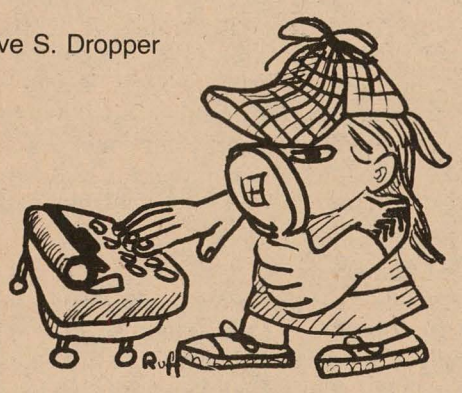


The new LAIR building had it's third construction stage completed recently. The dedication ceremony, to be held at 10a.m. today, is being addressed by the Honorable Edward A. Miller, Assistant Secretary of the Army for Research and Development. The Navy Band of San Francisco is providing the music. Open house tours for Presidio personnel and tenant units, including military dependents and civilians, will be conducted from 2 to 4p.m. this afternoon.

The secret eye

A gathering of people and events under the watchful SP typewriter

By Eve S. Dropper



Went to L.A. last weekend, and as much as I hate to admit it, it did feel good to get back to San Francisco. Why, I can't fathom ... But, L.A. is a fantastic place. And what can I say about Disneyland ... of course, this was my first trip. But, hopefully, not my last.

I was handed a small pamphlet the other day with huge letters screaming Your Dog May Be Dying. This was interesting, because I don't have a dog. But, for you folks that do, please remember when you take your pet with you, that the inside of your car heats quickly. On an 85 degree day, the temperature inside your car with the windows opened slightly will reach 102 degrees in 10 minutes. In 30 minutes it'll go up to 120 degrees. Your dog can only withstand 107-108 degrees for a very short time before suffering irreparable brain damage. So, keep your pet in mind, and be considerate. I know I'd hate to have my brain fryed ...

Headquarters USAG has gotten some new folks. SP5 Johann Brown came in from Germany; SP5 Adriano Mariano, SP5 Fred Herbert and SP4 Owen Cryer are assigned to HQ. and will be working in finance. Pvt. Neal Nutter, a supply clerk, is new to the Presidio from the Kansas National Guard. Last, but not least, is Pvt. Robert Gonzalez, vehicle driver, from Ft. Dix, N.J. Hope you new guys enjoy the fog ...

There's an observation on traffic moving on and off the post by the 170th MPs, with help from the 220th MP Reserve unit from Colo. I don't know if they're mnitoring speed at the same time, but you can't be too careful ... keep it legal.

Lieutenant Randolf Mitchell took over Lieutenant Bobby Summers' responsibilities at the 504th MP Headquarters. Good luck with your new job, Sir. And Captain Spearman did leave the 504th, but he left it in the capable hands of Captain Michael Robinson. I'll miss talking with Capt. Spearman, but Capt. Robinson seems pretty together, too ...

Speaking of awards ... The 504th's Consolidated Mail Room has been selected as the outstanding Mail Room on post for this quarter.

The NCOIC of the Military Mail Terminal, Sergeant First Class John Miller and Private First Class Egbert Tharp have left the 16th BPO for Germany. The mail must get through ... everywhere.

SP4 Danny Powell is the new supply clerk for the 16th BPO and Pvt. Vicky White is a reservist from Fresno, training at the BPO for two weeks ... Enjoy.

Bridge building practice is going on at Camp Parks by the First Platoon of D. Co. 864th. Second verse, chorus; ... London Bridge is falling down, falling down ...

Staff Sergeant William Weldon has left the 864th for Korea, while SP4 Robert Bucol PCSed to Turkey. I hear he'll be right on the Russian border ...

My 'short' editor is SO short (how short is he?) as to be almost invisible. In fact, he's got no more office days, but now the real work starts ... outprocessing. Good luck, Dave.

Don't forget the Bicentennial Cookout at the Trade Winds today. Starts about 4, and there'll be a talent show, and a dance later in the evening ... I'll be there.

"Pine Street Band" will be at the Rec Center tonight from 9p.m., till. And tomorrow night you can do a little foot stompin' to some 40's, 50's and 60's music, for all you nostalgia buffs, to the tunes of "Harry Mason and his Orchestra. Both at the Rec Center, and **Free.**

Small, furry kittens make great pets ... they'll play, but at the same time they're relatively independent critters ... Don't need to be walked, and keep themselves clean. For free kittens, three months old and house-broken, call 664-5932, anytime. There are two females and one male. One of the kittens is tiger colored and the other two are grey and white ... Meow ...

Usually, the weekly bulletin handles these types of giveaways. To contact the bulletin, call 3601.

To develop a little taste, why not join the Wine Tasting Class? It's a five week course meeting once a week for 2 1/2 hours. $28.00 will cover all costs. Sign up at the Rec Center.

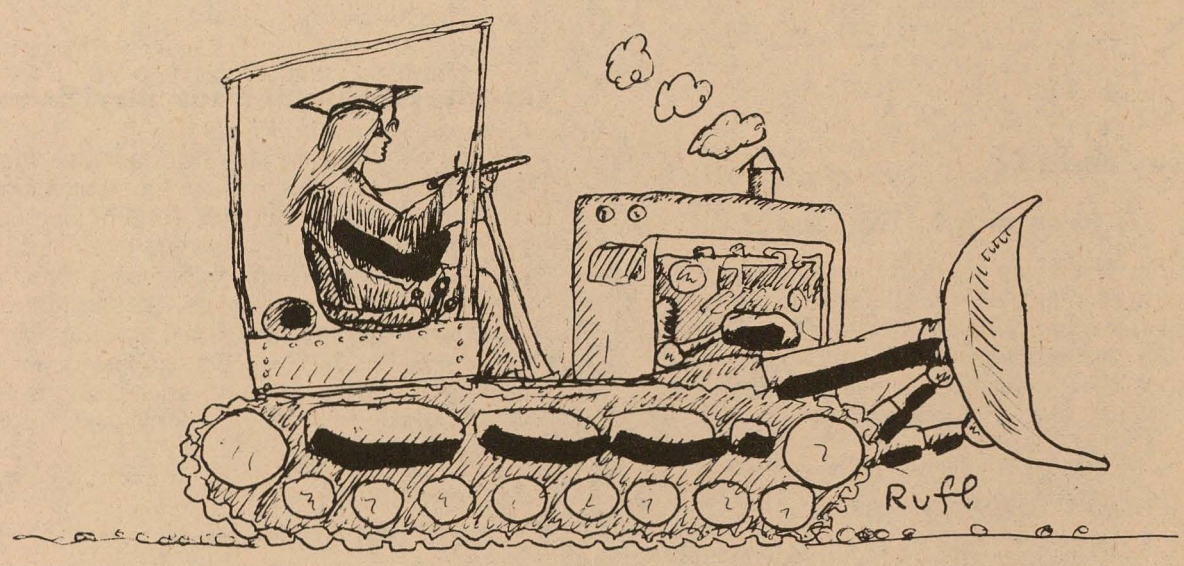
Another week closes, and I ride off into the weekend ... lovely thoughts. Till you have to think of Monday ... Take 'n take and keep on whatever. I will.

Star Presidian

The Star Presidian is an authorized unofficial offset Army newspaper published weekly under the provisions of AR 360-81 by the Public Affairs Office, Presidio of San Francisco, CA 94129. Views and opinions expressed herein do not necessarily represent those of the Department of the Army. Editorial offices are located in Building 37. Newsroom telephone: (415) 561-3908 or 2005.

Colonel Warren J. Lodge, commander
Major Michael J. Williams, public affairs officer
SP4 Carol Cronin, production and feature editor
SP4 Robyn Sherwood, news editor

Sex barriers challenged



"Something must be done to dissolve the barriers against women," stated Doris Thompson, guest speaker for the July 7 meeting of the Federal Women's Program.

"We must sell, persuade, and convince the people of the essential role of the Federal Women's Program," stated Ms. Thompson. "And of the fact that we have, basically, three objectives. First, we'd like to promote understanding of women. Next, we need to encourage acceptance of women and, third, we need to create initiative resulting in real affirmative action."

The Women's Decade theme, Peace, Equality, Development, can be broken down into four basic needs according to Ms Thompson: 1) the individual's sense of self worth; 2) management's acceptance of the individual's mission and accomplishment; 3) appreciation of performance; and 4) a positive and affirmative thrust against institutional bias.

"In dealing with the Women's Decade theme and what it means, the main problem arises from the mental and social attitudes the women have about themselves," explained Ms. Thompson. "These attitudes are socially defined by the roles given to women."

In the Guide to Consumer's Market, compiled by the Data Employment Conference Boards of 1975, it was noted that the average annual income of women is $6,800, while the average income of men is $11,800. In 1975, women made 43 percent less money annually than did their male counterparts. Twenty years ago this percentage was only 36 percent less than men.

In 1958, 43 percent of the working women were in clerical positions. In the past twenty years women's employment in clerical positions has increased 30 to 35 percent, with one-half of the employed males working as professionals ($15,000) and skilled craftsmen ($12,000), according to Ms. Thompson.

On an annual basis, the differentiation between male/female positions, educational backgrounds, and the annual income were broken down with these results: women with some college—$9,300, men with some college — $15,000, women - college graduates — $10,400, men - college graduates — $17,200.

Even though 40 percent of the working women support themselves financially, women college graduates still make less money annually than men who have not completed high school, according to Ms. Thompson.

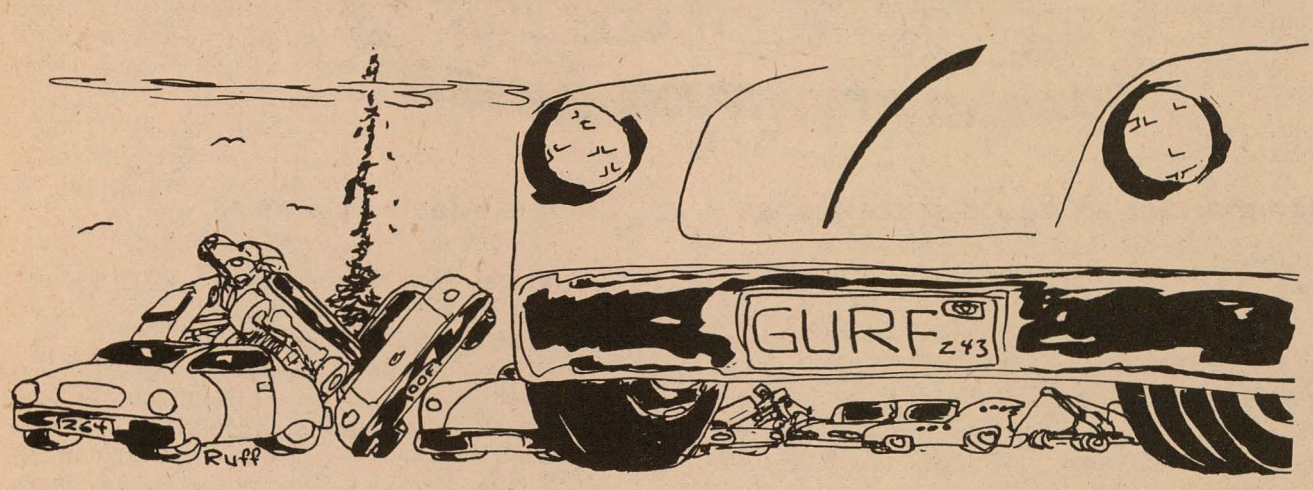
"The higher education of women is not related to occupational opportunities on the outside," stated Ms. Thompson. "We must: 1) change the perception of employers; 2) make women aware of their capabilities; and 3) remove institutional biases.

"An affirmative action is necessary to remove the barriers and utilize human resources. We must renew our commitment to see that **all** share in our democracy," added Ms. Thompson.



Illustrations by David Ruff

Smoothing out the traffic problems



By Robyn Sherwood

Everyone who drives has to park. This fact has caused the Presidio many parking problems in the past, as well as intersection traffic jams. Because of this, one of Post Commander Colonel Warren Lodge's first initiatives last fall was a traffic and parking survey. This survey became an actuality July 9, and will be completed on the 23rd.

Problems confronted the coordinators of the survey for a considerable time. First, the city workers went on strike, drastically increasing the numbers of privately owned vehicles traversing the Presidio. Then, the Golden Gate Transit workers joined the San Francisco city workers and the traffic problems became more pronounced.

Now that the buses are running again, and traffic is relatively normal, the survey has gotten underway.

The Provost Marshal Office, and Military Police and Operations, as well as some reserve units are working at focal points around the post monitoring the number of cars entering and leaving the Presidio.

Data sheets being distributed via offices will be taken and fed into a computer. The results of the data sheets will be used to try to alleviate some of the current traffic problems.

One of the known problems being worked on is how to treat reserved parking areas. The current Army-wide trend is away from too many reserved areas. It appears the space is being left vacant the majority of the time, when other people could be using it.

Another consideration is special insignia for car pools. This sticker would enable car-poolers to park in designated areas, possibly closer to their offices, and is also an incentive for more car pools to organize.

With these projects underway, the traffic problems on the Presidio, and other military installations, may soon be solved, or at least lessened.

Ramblin' Sam

What are some of the qualities a leader should have?

SP5 Karen Pendleton, US Army Band I would say that a leader should be patient, decisive, fair, certainly not an extremist, have a certain amount of charisma, and show enthusiasm for what he is doing. He should work for the common goals of the group, rather than himself. And he should be a good listener.

PFC Diana Pryztakoski, on orders to Italy Honesty, sincerity, and concern for his people.

SSgt. Kim Stone, Hqs CID Mostly honesty. The armed services have changed a lot, obviously. I would put honesty at the top of the qualities that I would want to have in a leader. Not feeding his troops a line. Good judgment. Good personal appearance. He should set an example for his subordinates to emulate.

SP5 Joel McDargh, DIO Somebody who will stand for his people. Back 'em up to the hilt.

SSgt George Love, Engineers To know his people, and show concern for his people. I would like to say that a background in sociology is, in my opinion, an almost "de rigueur" requirement. After all, when the balloon goes up, if you can't take care of your people, chances are that they won't take care of you.

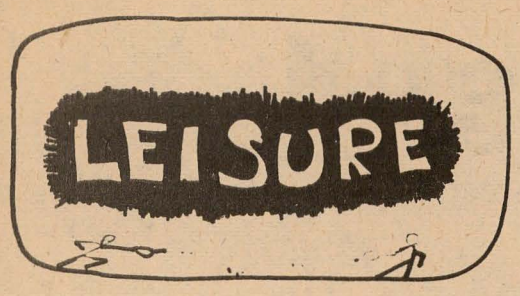
PFC Kim Ferguson, Maintenance Division Able to understand and get along with the people above him as well as below. Praises his men for good performance, and lays down the law when they don't. Decisive. Being able to admit that he's made a mistake.

SP4 Dennis Jackson, Photo Lab Performs in such way that he is able to gain the respect of his people. Is tactful instead of just 'bossy.' Sets the example.

SSgt. Harry Johns, in Transit Obviously, he sets the example for his people. Shows true concern for the men. Strict but fair. The men under him always, but always know where they stand at all times. Supports his men when they are right.

SP4 Willie Taylor, Supply Specialist Should be able to perform and handle the people that work for him. Shows compassion, able to counsel his subordinates on problems that they may have. And never loses sight of the fact that the mission always comes first.

PVT George Knight, HQ Co USAG Trust and respect for his fellow man. Empathy, setting a good example.



Money found

I lost it! How much did I lose?

A sum of money was found in the Letterman Post Exchange. Rightful owner may claim the money by presenting a written request to the Exchange Manager, Presidio Exchange, Presidio of San Francisco, CA 94129, citing details of the loss and adequately describing the amount of money claimed.

Rec Center happenings

Keep your eyes on your calendar this month because the Presidio Recreation Center is really getting with it this month. On Saturday night, we are presenting "Harry Mason and his Trio," playing "oldies but goodies" for the over the hill gang plus all you young guys and girls who dig the Nostalgia scene. The whole thing starts at 9p.m. and goes until 1a.m. On Sunday, July 18th, we are going on a tour to the Sunol Valley Regional Park for a picnic in the sun. On Friday, the 23rd, we are having Hawaiian Night, featuring a Luau, Jerry and his Hawaiians, and the Aloha Nani Dance Troupe. On Saturday the 24th, we have the sensational Etta and the Alteration returning at 9p.m. til 1a.m. Don't forget to sign up for the Wine Tasting Class. All activities sponsored by the Presidio Recreation Center are intended for the entire military community. This **is** where it's at.

Dancercise

A class in Jazz Dancercise—exercise thru dance, rhythmically set to music—will be offered thru the Central YMCA beginning Sunday, July 25, and runs on Sundays for 8 weeks from 1-2:30p.m. The instructor, Jamie Graham, is a former member of the Alvin Ailey Dance Company of New York City. Class will be held at 425 14th St., S.F. Cost: $20.

Attention CBers

Have you picked up your FREE CB radio carrying case? The case is made of sturdy metal, designed to be hand carried so you won't have to leave your expensive CB radio unattended in your vehicle. It has a base color paint job so you can decorate it in any fashion you want. Supplies are limited so act quickly! Contact the Crime Prevention Section of the Provost Marshal's Office, 4657/4664.

Volunteers needed for Boy Scouts

The El Camino District, which includes the San Francisco Mission area, is in dire need of volunteers to help regroup, plan, organize and implement the Scouting Program in an area predominantly consisting of disadvantaged ethnic youths. Any officer or NCO willing to volunteer his services to further this program please contact the Youth Activities Director, telephone 561-3637/5141. Scouting is a continuing educational and juvenile delinquency prevention program, and an urgency presently exists for key volunteers.

Trade Wind activities

The Trade Winds has several activities planned for July.

The second half of the month will see a Bicentennial cookout, July 16, 4 to 7p.m. After the cookout, a talent contest will be held. Prizes for the first three places will be given in cash, champagne or trophies, according to Sergeant Dennis Porche, NCO Club director. For further information concerning entry and prizes for the contest, contact Judith Collins at 3738.

Topping the evening, the Pine Street Band will play from 9p.m. until whenever. Drinks will be at Happy Hour prices for the whole day.

A dinner dance will be held on the 17th featuring the Harry Mason Trio, as sort of a nostalgia night. The dance will be in the ballroom, with dinner starting at 6p.m., ordered a la carte, and the music will begin at 8:30p.m. There will be no admission charge, but your meal will cost listed menu prices.

A Hawaiian Luau, featuring 25 dancing girls, will end the month's activities on the 23rd. Dinner and entertainment will start the evening, but the dancing girls will stay to dance with the soldiers after their show.

The decision as to whether or not the club will remain open depends upon the response to these activities. The final decision will be made the 26th of July.

Blood drive

A blood drive will be held July 20 in the Rec Center/NCO Club. All donations will go to the LAMC blood bank unless the donor requests that it go to some other recipient.

"The April '75 blood drive had over 200 donors," stated Master Sergeant Robert Leach, first sergeant of the Public Affairs Office. "But the April '76 drive only had 122 donors. Our only goal is to have at least as many as we had last time, but preferably more."

Although a large turn-out would be appreciated, there are a few restrictions. The donor must have been back in the U.S. from a malaria area for at least three years; it must be at least eight weeks since the last donation of blood; you should eat a low-fat meal four hours before donating; and having an appointment is recommended, but not required.

If you need further information, contact Mrs. Dorothy Elsworth, DPCA, at ext 4561.

Focus
Focus

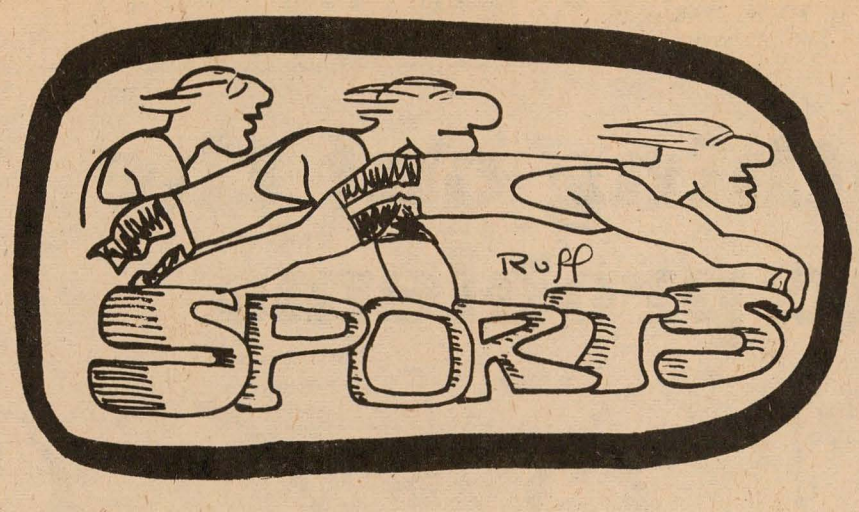
By A. C. Reyes

Summer, to a child, is a magical time of freedom and discovery. For parents, summer is an ideal time to get reacquainted with their children, who are out of school, and it is also a chance to add priceless pictures to the ever-expanding family album. The secret, if it can be said that there is a secret, to creating a really outstanding album is to be ready and alert to get all categories of pictures.

Every family collection has, and rightly so, its share of pictures of the kids happily making faces at the camera but, in addition there should be unposed candid shots. These are the pictures which capture the first tentative moments of a new friendship, the dream world of little girl dressing up, the happy combination of small boy and an ice cream cone, or the group of happy bedraggled little kids trudging home from a birthday party clutching their balloons and goodies that they have won, or cajoled out of their hosts.

In order to get pictures such as these, you must be able to get them quickly and easily to avoid breaking the mood. If you don't, then you are back to the smile-at-the-camera variety of pose.. Today's easy to use cameras are ideal for this kind of situation. And if you couple your camera with the small, repeatable electronic strobes that are in the market nowadays, there is no reason why you can't take several shots in succession and get a sequence of photographs that will look great and make a fine addition to the family album.

Many of these pictures will occur only once. The triumphant look on your son's face as he makes that first successful run on the new two-wheel bike, or the first dive from the board, or the first jump into the deep end of the swimming pool can not be repeated. The action itself can, perhaps, but the original spontaneous expression will be lost. Even though you can restage an individual event, the whole of Kelly's summer at age six will happen only once. You will never have a chance to save its particular highlights.



Commander's Cup final standings

STANDING UNIT		POINTS
1	LAMC	302
2	LAIR	241
3	170th MP Co	208½
4	USAG	205½
5	Support Element	195
6	HHD 504th MP Bn	194½
7	WRRC	179
8	402d MP Co	166½
9	864th Engineers	157½'
10	16th BPO	138½
11	AFPD	129
12	525th MI Gp	124
13	USA Ref. Lab.	123
14	USACIDC	92½
15	Dist. Corp of Engineers	90½
16	ARR IX	73½
17	163rd MP Det.	65
18	ASA	44½'
19	51st Engineer Det.	39 Tie
20	USACC	39 Tie
21	Courier Station	32
22	6th Army Band	31
23	87th Ordnance Det.	29½
24	OAB	28
25	227th Med. Det.	10

Commander's Cup 1976

Letterman Army Medical Center (LAMC) has won the Presidio Commander's Cup for the second straight year.

The tabulation shows LAMC finishing on top of a 25 unit field with 302 points. Letterman Army Institute of Research (LAIR), finished second with 241 points. The 170th MP Co was third with 208 1/2 points followed closely by USAG, who were last year's runner-up.

The Presidio Commander's Cup is presented annually to the unit with the best participation in the Post Sports Program. Point totals reflect the following: Where a unit places in Intramural standings, how many players it places on various post level teams, entries into competitions and attendance at Sports Council meetings and scheduled clinics.

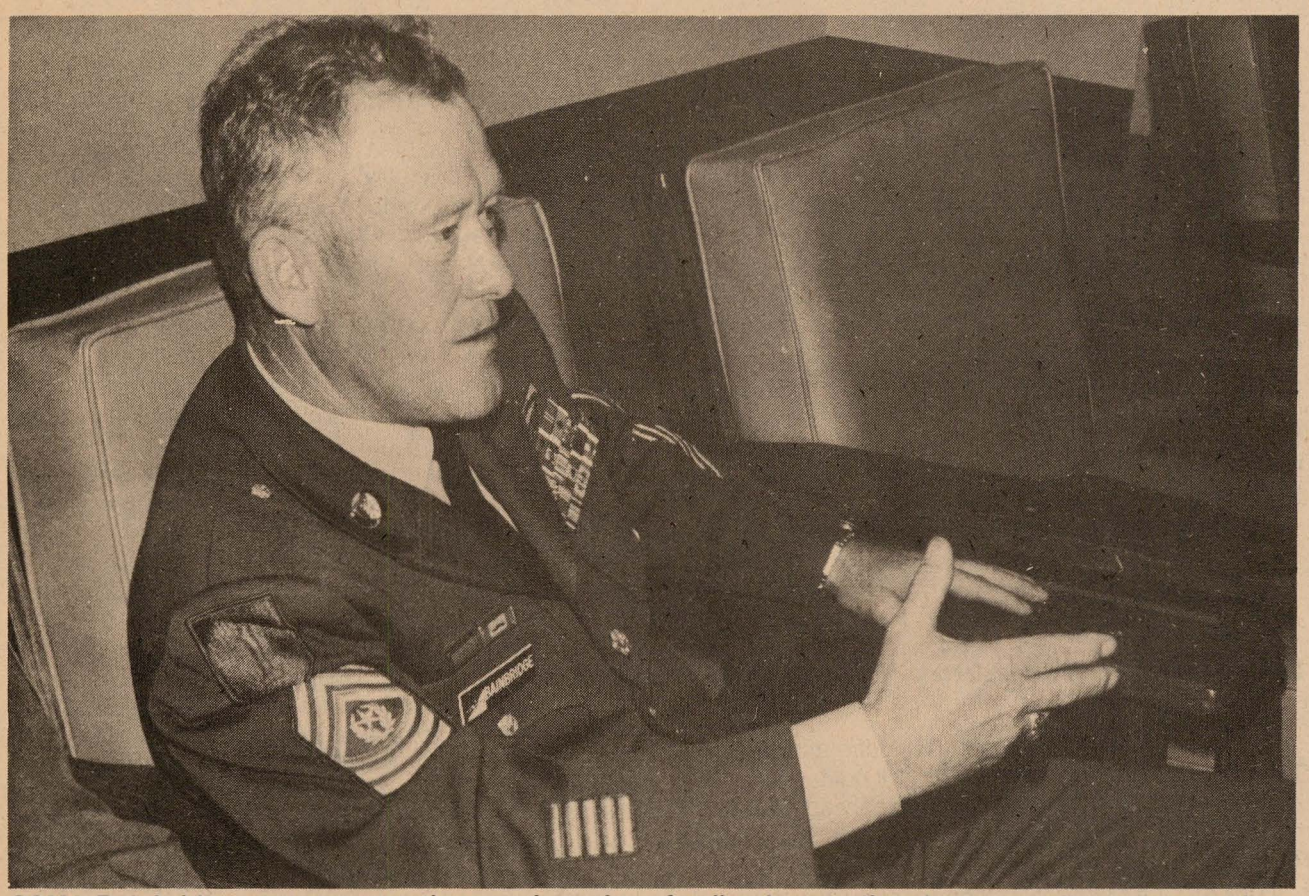
Bantam leagues baseball games

Schedule for these games, which will be played at Pop Hicks field, is as follows:
July 17, Seals vs Solons (Minor), 9:30a.m.
July 17, Oaks vs Oakland (Minor), 11:30a.m.
July 17, Yanks vs Twins (Major), 1:30p.m.
July 17, Corpus Christi vs St Vincent de Paul (Major), 3:30p.m.
July 19, Solons vs Totems (Minor), 5:30p.m.
July 20, Twins vs Phils, 5:30p.m.

U.S. Government Printing Office, 1975 Jacket No. 690-081, Print Order No. 47

Presidio Army Post Library
PRESIDIO of San Francisco, CA 94129

CSMA Bainbridge visits Presidio



CSMA Bainbridge answers questions and receives feedback on enlisted personnel's concerns at an informal discussion with Presidio soldiers.

Story and photo by A. C. Reyes

"Well, here I am, do you have any questions you would like me to answer?"

With these words, Command Sergeant Major of the Army (CSMA) Bainbridge opened a question and answer period with a group of Presidio soldiers last Wednesday.

After a few moments of hesitation (nobody wanted to be first) the questions came. Pointed, relevant and certainly indicative of our modern soldier's preoccupation with their increasingly complex role in the Army.

Throughout the period, CSMA Bainbridge listened very quietly, sometimes asking for clarification on a point, sometimes encouraging the questioner, but always relaxed, quietly sipping his coffee.

In quick succession, the CSMA was asked about: lock-in policies, mission of the Army, and that ever-popular question, hair length. "I really don't mind long hair," said Bainbridge, "as long as it is not in an Army green uniform."

SP4 Zurinskas asked why is it that "While we adhere quite rigidly to the regulation, some commands seem to be quite lax in enforcing it. Is it possible that there is a double standard?"

CSMA Bainbridge's response was that it is regretful that some commands see fit to look the other way in this matter. "This is something that bears looking into. This is a uniformed service. And I am sure that you know there are a lot of little things that we must do in just a certain way. Because when you are trying to take 'that hill,' all those 'little things' suddenly seem to acquire importance. And, ultimately, those 'little things' will decide whether you'll be able to take 'that hill'."

One question CSMA Bainbridge was asked was, "What is the mission of the Presidio? A series of articles beginning next week will answer this question. (Editor)

Star Presidian

Volume 19, No. 28 | Presidio of San Francisco | Friday, July 23, 1976

Role playing in the field

By Robyn Sherwood

After a hectic week at Camp Roberts, the first platoon from the 170th MP Battalion made it back to the Presidio last Thursday, July 15.

Acting as aggressors for the 402nd MP detachment's ARTEP (Army Training & Evaluation Program) the 170th's week of back-up work began July 7th with a motor march to the training area at Camp Roberts.

Role-playing was an active part of the 170th's mission. Twenty-five soldiers, some attached to Headquarters 504th support elements, compiled the troupe for the week-long performance.



Hit that wall and spread those legs. An arson suspect gets the treatment by a member of the 170th MP Co.



Photos by Thomas Taggart

Club-wielding MPs are met by a human "chain" of demonstrators locking arms. The incident took place during a simulated civil disturbance.

One act consisted of the 170th becoming a rebel force. In this scene, they performed military actions against the 402nd, including attacking its convoys and sending out saboteurs which the 402nd had to intercept.

Problems the 402nd MP's would have to deal with in day-to-day work were simulated by the 170th's platoon. Civil disturbances, picketing, drunks, deserters, auto accidents, rapes and fight scenes were all acted out by the 170th, with the 402nd handling these problems adeptly.

As well as day-to-day problems encountered in an on-post, peacetime situation, the detachments also dealt with simulated warfare. The 170th ambushed motor-marches, booby-trapped bridges and sniped at the 402nd.

A team of ARTEP evaluators from Ft. Ord were on hand to critique the 402nd as having performed outstandingly.

"The file work was excellent. The people were very professional, on both sides. They handled the problems well. I think it was a great learning experience for everyone," stated Lieutenant Paul Masterson, 1st platoon leader of the 170th.

Hot flash. . .Hot flash. . .Hot flash

Suggestion award

A Marin County Army Captain received a letter of thanks from President Ford recently during a special presentation ceremony conducted at Headquarters Presidio of San Francisco.

The captain, Robert E. Murff, commander of the Armed Forces Courier Station at the Presidio since July 4, 1975 received the presidential letter as the result of a suggestion he submitted under the Army's Incentive Awards Program.

The suggestion dealt with a change in the manner in which highly classified government material was being transported and resulted in a savings to the government of $65,060.

In commending Murff, President Ford's letter stated in part, " ... As we wage this critical fight to control recession and inflation, it is heartening to learn of the vital contributions you are making to this task. The $65,060 saved through your efforts will assist us in providing more economic and efficient government to all citizens.

"You are to be commended for your work in improving Government operations and for the outstanding example you have set for all employees ... "

Captain Murff entered the Army through the ROTC program at Tuskegee Institute, Alabama in 1966. He served with the 193d Infantry Brigade at Fort Amador, Canal Zone prior to his current assignment at the Presidio of San Francisco. He also saw combat duty in the Republic of Vietnam.

Military courses offered

The 6227th USAR School is accepting applications now for the Fall Semester: Such courses as Command and General Staff College, The National Security Management Course of the Industrial College of the Armed Forces, and The Logistical Management Orientation Course are available.

Courses are open to Officers of the Active Army, The Army Reserve, and The Army National Guard. In the case of the Industrial College, DA Civilians GS-13, and above are accepted, and for the Logistical Management Course, GS-7's and above are accepted.

For further information and applications, telephone the 6227th USAR School at 561-4377/5047.

Music and fun at Ft. Mason

Fort Mason in San Francisco will be the scene of two community events. One will honor 200 years of American music and the other is the Pacific States Crafts Fair.

An outdoor concert of historically important American music from Revolutionary War times to the present will be presented by the California Wind Ensemble at 2p.m., on Saturday, July 24. Admission is free.

The Pacific States Crafts Fair with music, food, demonstrations and fun will be held from August 5-8. For detailed information and reservations for the Crafts Fair, telephone 282-4555.

Fort Mason is located at Franklin and Bay Streets.

Secretary of the Army visit

Secretary of the Army Martin R. Hoffmann visited San Francisco as part of a three-day tour of facilities on the West Coast. While here, Hoffmann addressed a meeting of the Commonwealth Club at the Sheraton - Palace Hotel.

"The Army's greatest challenge today is to counter the buildup in Soviet conventional warfare potential. The Soviet Union has maintained a steady buildup, which now gives it a much stronger posture when compared with the United States 10 years ago.

"The Soviets still regard warfare of all kinds as a proper instrument of international policy," Hoffmann warned.

"Soviet military manpower has increased by one million men to a strength of 4.4 million in the last decade—more than double our strength of 2.1 million. They enjoy a 6-to-1 advantage in tanks over the U.S.; a 9-to-1 advantage in artillery; and a 3-to-1 advantage in both armored personnel carriers and foot-soldiers.

"The Soviets are steadily increasing the amount of resources that they are putting into military forces and are shifting from regional to global capabilities.

"These problems are not exclusively ours. These are national problems of deep and pervasive significance, particularly as we look backward for strength as well as forward for visions.

"The strongest assurance we have that we will not go to war is to be prepared for it. If we do not meet this challenge with strength, we shall not fulfill the hopes and expectations of 200 years," stated Hoffmann.

Summer workshop theatre

"THREE FOR FUN" will be presented by the Presidio Players' Summer Workshop Theatre on Friday and Saturday, July 30 and 31 at 8p.m. at the Presidio Playhouse, located across the street from the Post Movie Theatre.

The 3 contemporary one-act plays range from the ridiculous to the sublime. "DR. FISH," by Murray Schisgal, is a battle report from the barricades of the sexual revolution, and revolves around a middle-aged couple. Anxious to make their sex life more "meaningful," they consult the eminent Dr. Fish, a sex expert whose doctorate happens to be in American history.

"NEXT" explodes with hilarity as it examines the plight of a reluctant draftee reporting for his physical - to a WAC Sergeant. "SCHUBERT'S LAST SERENADE" takes place when a hard-hat construction worker escorts a high-tone, college educated and liberated young lady to a plush restaurant. They met and fell in love at a demonstration during which he cracked her skull with a two-by-four. While Franz Schubert plays his violin, the cook and waiter race in and out, and the maitre d' comments continually to the audience until everything goes haywire.

"THREE FOR FUN" is recommended for adult audiences. Tickets are $1.00 and will be available at the Playhouse Box Office on the nights of performance only, beginning at 7:30p.m. Seating will be on a first-come-first-seated basis. For further information call 3992 from 1-5p.m.

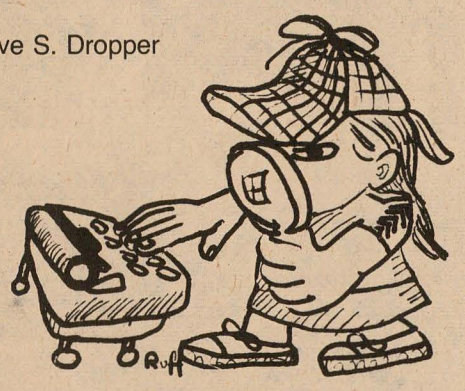
Rec Center events

The Presidio Recreation Center has several events coming up during the last week or so in July. On Saturday, July 24th at 9p.m., we're having a **DANCE** featuring "Etta and the Alteration" playing music at the top of the Hit lists. On Sunday, July 25th, it's a **TOUR** on bicycles in Golden Gate Park. Tour leaves the Presidio Recreation Center at 10a.m. On Thursday, July 29th, we're having a **BOOK SWAP** and a **HANDWRITING ANALYSIS** featuring Charly Cole. Both events begin at 8p.m. To finish off the month we've got two **DANCES** featuring "Southern Comfort" playing mostly "soul." Include them in your schedule on Friday, the 30th and Saturday, the 31st of July. All activities sponsored by the Presidio Recreation Center are intended for the entire military community.

The secret eye

A gathering of people and events under the watchful SP typewriter

By Eve S. Dropper



Seems like things are pretty slow around the Presidio these days. Must be summer lethargy setting in ...

The HQ. Co. USAG dining facility (mess hall) must be doing something right. They got Best EM Dining Facility for June '76, and Best EM Dining Facility for the 4th Quarter of this year ... I wonder if I'm just not eating there on the right days ... (everybody has to complain about something, and chow usually gets the brunt of all the bad jokes!)

An IG is coming up next week for the 16th BPO. I hear from Alfredo the Ubiquitous that they're AWFULLY busy over there ... and on top of the IG, they've got a practice movement exercise in August. Good training ...

A timber tressel bridge was built at Camp Parks by D Co. 864th. I heard it was done for training ... wonder if they left it there or what? But, guys, I also heard ya'll did a really good job ... really.

A new guy joined the 864th's roster. Pvt. Mark Lagrimas joined the fogged-in Presidians from Ft. Dix. And getting their heads out of the fog are Sergeant James Macey and Staff Sergeant John Rumbaugh, who've gone to Germany ... in fact Alfredo tells me there is an awful lot of "to Germany" paperwork in the offing. Right, Carol?

The 504th HHD and the 170th MP's didn't have any news for us this week ... wonder what they do all the time???

A couple of weeks ago there was an officer at the commissary asking people if they were able to get the things they needed. Well, I didn't get a chance to talk with him ... The commissary **never** (when I'm there anyway) has Kool mild cigarettes ... and the regulars are TOO rough on the lungs ... mine anyway. How 'bout it? Can we get some? Can we please????

Jerry and his Hawaiians and the Aloha Nani dancers get it on at Hawaiian night, tonight, plus a big luau in the NCO club. Reckon they'll have leis?? And tomorrow night Etta and the Alteration will jam at the club starting at 9p.m.

All news is good news if you learn something ... Listen, gang. If you can get into these little short-shorts about the post and people, let me know ... it gets frustrating when you don't get any response ... writing about you for you, I could use all the help I can get ... So, take 'n take and keep on whatever. I will.

Movies

PRESIDIO THEATRE
Friday, July 23, Moses (PG), 7p.m.
Saturday, July 24, Superbus (G), 2p.m., 7p.m.
Sunday, July 25, Earthquake (PG), 7p.m.
Monday, July 26, Earthquake (PG), 7p.m.
Tuesday, July 27, Countdown At Kusini (PG), 7p.m.
Wednesday, July 28, Man Friday (PG), 7p.m.
Thursday, July 29, Lipstick (R), 7p.m.

SCHWARTZ/LETTERMAN
Friday, July 23, Blazing Saddles (R), 7p.m.
Monday, July 26, Once Is Not Enough (R), 7p.m.
Tuesday, July 27, Superbus (G), 7p.m.
Wednesday, July 28, Earthquake (PG), 7p.m.
Thursday, July 29, Countdown At Kusini (PG), 7p.m.

Star Presidian

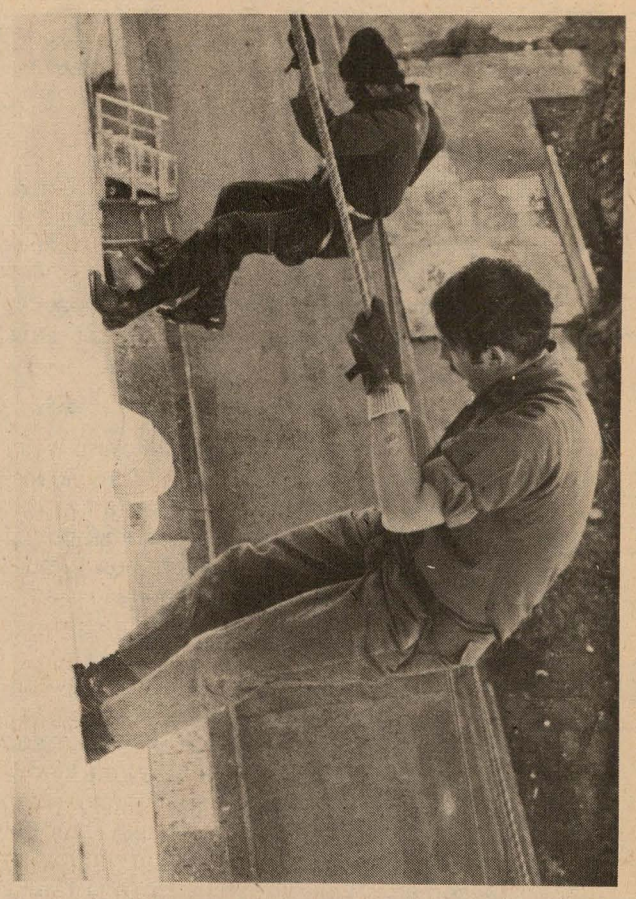
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Major Michael J. Williams, public affairs officer
SP4 Carol Cronin, production and feature editor
SP4 Robyn Sherwood, news editor

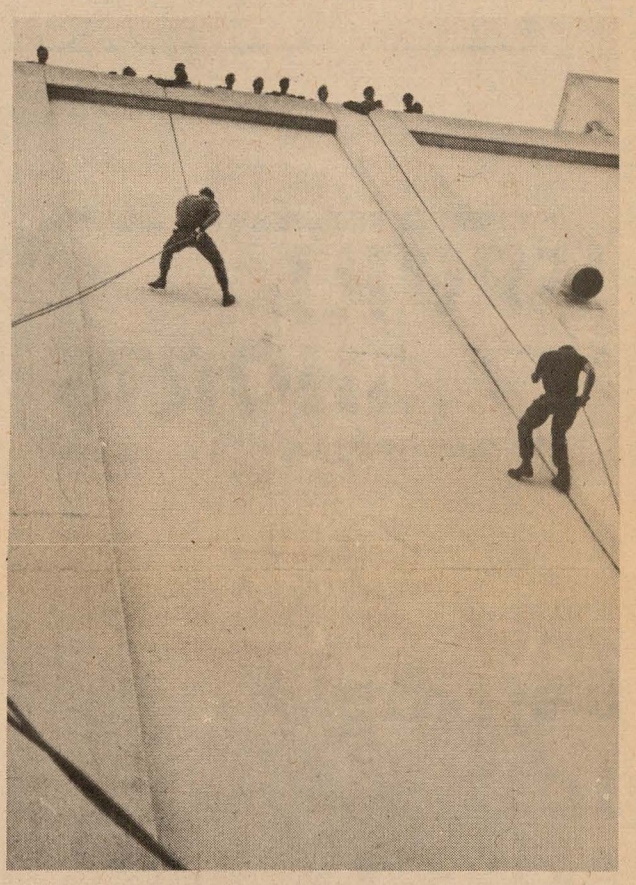
MPs take SWAT training



MP' rush in where mortals fear to tread. SWAT team members rush a house where a suspect is hiding. All part of a realistic training program designated to test the member's ability to work as a team.



It is a long way down, and there are no stops along the way.



Photos and story by A. C. Reyes

The man crouched under the hot sun, hidden from view by a tangle of shrubbery. Ahead of him, he could see the other men fanning out, making their way cautiously towards their objective, the house. It was quiet, very quiet, and the only sounds heard were the cars whizzing by on the freeway, about a mile away. The team leader, without looking back, without making a sound, gave a signal. The result was instantaneous. One second he was there, the next, the only sign that there had been anybody at that spot were the foot prints, dimly visible in the dust.

Make believe, perhaps, but to the men who comprised the five man SWAT (Special Weapons and Tactics) Team, this was serious business indeed. The men, all members of the 504th MP Bn, were here as part of a training program designed to train law enforcement agencies in SWAT techniques. Actually the military now refers to their teams as SRT or Special Reaction Teams but the term SWAT is still common.

Talking to the men earlier, I found all were volunteers, and most of them had gone through the basic one week course given at Concord, Ca. As SP4 Dan Woods put it, "The training we'll be getting here will serve me in good stead if I ever decide to get out and join the police force.

Most people don't know the fourth squad in every military police platoon is designated as an SRT Team. SGT Lorn D. Casey, team leader added, "Of those squads so designated, 75 to 80 percent of the men are already trained."

A highlight of the day long training was rappeling from a seven story building. This photographer had qualms even looking over the side. I remained calm enough, though, to take these photographs.

When the first man went over, it was almost anticlimactic. He made it look so easy. The instructors, all members of the FBI, were quietly confident and very, very competent. They offered a quiet work of praise here and there, and somehow managed to convey the impression of unlimited resourcefulness.

Thrift Shop

By Robyn Sherwood

The Thrift Shop is full of colorful bric-a-brac, clothes, pots, pans and plates. Many beautiful and inexpensive plants decorate the shelves. Towels, bedspreads, baby clothes, T.V.'s, chairs and birdcages are all part of the wares of the Presidio Thrift Shop.

"We take merchandise on consignment," said Mrs. Helen Irvine, Thrift Shop manager of 13 years standing. "When they sell, we take 20 percent commission. Anyone who is active military or working on post can bring articles down to sell."

Most of the profits gathered by the Thrift Shop are donated to Youth Activities. This includes baseball, teen clubs, Boy Scout and Girl Scout activities, bowling, swim clubs and tennis, according to Mrs. Irvine.

Donations from the Thrift Shop include $500 to Ft. Point and the Army Museum; $200 for retired military activities; $800 for Youth Religious activities; and $10,000 to the Youth Activities.

Money was donated to the Post Nursery for new rugs and toys. Donations were also given to LAMC to supply educational books for children with reading disabilities.

"Almost anyone with a worthy cause can apply to the Board of Governors or directly to the Thrift Shop and we'll try to help them," stated Mrs. Irvine.



Photo by A.C. Reyes

"All of our help comes from volunteers. These women receive no money for their work, but without them, we're nothing," added Mrs. Irvine. "Everytime we open, we need 14 workers. The summer months are the hardest for us, with people on vacations, and mothers having their children home from school.

"If more mothers would only realize THEIR children are benefitting from the work here, they might feel it was worth their time. "Although we've never had a gentleman volunteer working here, they're more than welcome to come if they'd like to share some of their time with us.

"Our store is open to the public, but we can't advertise. We don't charge sales tax, and we want to be able to keep things the way they are," concluded Mrs. Irvine.

Ramblin' Sam

How do you respond to criticism?

SFC Everett E. Horton 6th USA Band Criticism? I am the type of guy who welcomes criticism, but criticism is divided in two types. We have destructive criticism, and we have constructive criticism. I welcome constructive criticism, evaluate it for possible flaws, and if I find that I can, I use it. If not, why, nothing is lost.

SSG William C. Mercado, DCSPA Criticism, well I would say it is a good way of learning. If my supervisor criticizes me, it is perhaps because I am slacking off. And if the criticism comes from somebody at my own level, well, I appreciate that, too. Yes, I would say that criticism is a learning experience.

1LT L.E. Daniely, DCSPA It all depends on how I am criticized. There's constructive criticism, which I always encourage, tactful criticism, which I like and encourage, and, of course, there's always the kind of person who provides criticism in so ill-mannered a way that I, and I guess most everybody can't help but react negatively to it. However, criticism, no matter how it is presented, should be listened to, and if valid, well, what to do with it is then up to you.

PFC Albert Welch, 402nd MP Co First, you have to sit up and take notice. If it is justifiable, if you were doing something wrong, and who is doing the criticizing, are all things that have to be taken into consideration. If you look at it objectively, and I do, and am still not totally sure, perhaps I'll seek a second opinion. Then I'll be able to pull it together, and act on it.

SP4 Teresa Carrion, Hqs Co USAG It all depends on who is doing the criticism, and the manner in which it is given.

Name witheld by request If it is constructive, yes, I'll accept it. If it is just harrassment, well that's another matter altogether. Like right now, take my hair for instance. It is tied up. When it is not, it reaches just below my collar level. Well, according to army regs that is being out of uniform. I think that's pure harrassment. I think that women should have their hair long, and look like women. Just because we go into the service, does not mean that they are going to change our sex.

PFC Bob Wheeler, 864th Engineers I'd say that before anyone criticizes another, that person better be qualified to do so. And if the qualifications are, in my opinion, valid, then I would take note, and try to act upon those criticisms in my work.

PFC Richard Moran, 864th Engineers Constructive criticism I'll take anytime. But if the guy doing the criticizing is doing it just for the hell of it, I would definitely get uptight. But if I think that I am going to benefit from it, then I'll listen to the guy anytime.

PFC Carlos Sermeno 51st Engrs How I feel about criticism? All I gotta say is, it depends on who told me, and what it is all about. If it is something that I don't like, and I don't think it is right, no, I don't think I would like it. That doesn't mean that I won't act on it, though, because if I find out later that the criticism was justified, and that I really was doing something wrong, well, I do act on it, although at the time the criticism was given I may not show much appreciation.

SPORT SHORTS

Editorial

Setting it straight

By Ron Renouf

A story appeared in a local paper recently concerning umpires in a riff with the city Joe DiMaggio PAL Baseball League.

It apparently came to a head when the coach of the first place team was ejected from the game and the umpire-in-chief forfeited the contest when the coach refused to leave.

Since the local publication identified the umpires in question as ". . .Those who usually handle umpire duties for games played at the Presidio Army base.", the controversy bore a closer look.

The article liberally quoted the coach in question, but nothing from the umpires involved or their representative.

It makes no mention of the fact that this particular coach is well known for his questionable conduct on the field, ie: spitting at officials, using profane and obscene language directed toward game officials, crawling from his base coaching position to home place and piling dirt on the plate to register his displeasure with calls, etc, etc, etc.

There are always two sides to every altercation, and we feel that since members of the Presidio Umpires Association were involved in this one, someone should mention the other side. (After all, all sportsmen pride themselves on being fair don't they?)

Just for everyone's edification, there is a little clause in the rule book that refers to "making a travesty of the game." It also states in no uncertain terms that those guilty of quote, 'making a travesty of the game,' end quote will be ejected.

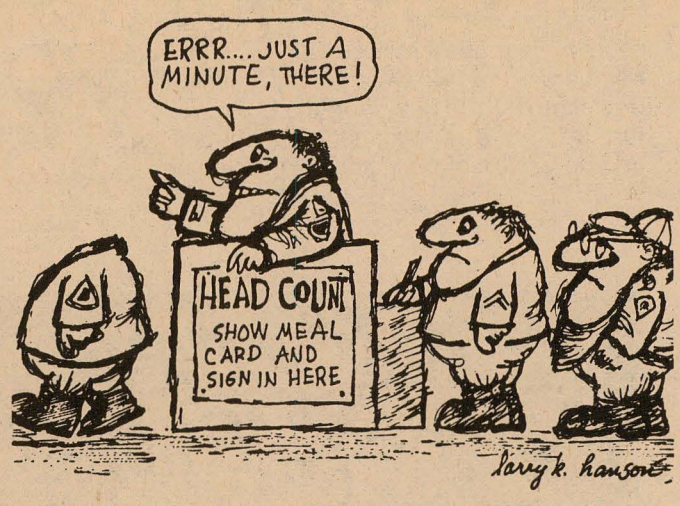
Me thinks the ums were probably right.

Civilian employee golf tournament

The second annual Presidio Civilian Employee Golf Tournament will be held Thursday, August 5, at the Presidio Golf course. Civilian Employees of the Presidio are eligible to play. Green fees will be $6, and that includes prize money. Those interested should contact Mac Roberts at CPO, extension 2997.

This year, there will not be a separate senior division. Prizes will go to the top 3 finishers under the Calloway handicap system, to low medal score and for hole-in-one.

Twenty-nine entrants, including two women, competed last year in miserably cold and rainy weather. The winners, (both from the same office incidently), were Bill Clyde, Open Division and Roy Benham, Seniors Division.



Notes from the keg board

Wanna bet on a sure thing? The Bowling Center is offering a money back guarantee.

What on??

Barry Mann will be on hand each and every Tuesday night at the Center during the month of August to instruct local anti-gutter ball members on the finer arts of anti-gutter balling.

Cost of the three-hour class (there's five of them in the course) is $15.00 payable by noon, August 2, at the Center.

The course is guaranteed to raise your average by at least ten pins or your money will be refunded.

Barry Mann is currently carrying a 205 professional tour average and has rolled three of those elusive perfect '300's.'

The course will start August 3 at 5:30p.m. and the class is limited to 45 persons.

The Bowling Center will be sponsoring two tournaments next month—the Doubles action slated for August 7 and 8 with the Singles competition on the board for the following weekend, August 14 and 15.

Interested keglers should check with the Center for registration information.

Heard about the bowler who rolled a mid-600 series last week? Not bad for most of us, but it cost him six-pins on his average. Understand he has so many '700 patches' he is running out of wall space. Any bets on who it was?

Slow pitch softball tryouts

Intramural Sports Director, Charlie Tubbs, has announced that tryouts for the Post Slow Pitch Softball Team will be conducted next week. Tryouts are now slated for Tuesday, July 27 and Thursday, July 29 at Fort Scott Field No. 2 beginning at 5:30p.m.

This year's team will be coached by Mike McBee, and candidates for the team should contact him at 3937 prior to the first tryout schedule this Tuesday. All active duty military personnel, assigned or attached to the Presidio are eligible for the Post team according to Tubbs.

The Presidio Team will compete in the San Francisco Metropolitan League with the season opener slated for sometime in August.

Softball league standings

Presidio League		
TEAM	W	L
LAMC No. 1	10	1
USAG	10	2
864th Engr.	6	3
402d MP's	4	5
666th Radar Sqd	4	8
LAIR	3	7
170th MP's	2	7
Corps of Engr.	2	8
Fort Scott League	W	L
WRRC	8	3
LAMC No. 2	7	3
HHC 504th	5	3
Reg. 9	5	5
16th BPO	5	6
525th MI	4	6
Ref. Lab	1	9

Bowling league standings

as of July 21

Presidio League		
TEAM	**W**	**L**
Spt Elm	**24**	**8**
LAMC	**23**	**9**
170th MP's	**21½**	**10½**
USAG	**20½**	**11½**
525th MI	**17**	**15**
LAIR	**16**	**16**
USACC	**15**	**17**
Courier	**9**	**23**
Band	**9**	**23**
DPTSEC	**5**	**27**
Fort Scott League	**W**	**L**
Spt Elm	**24**	**8**
6th Egn.	**24**	**8**
402d MP's	**24**	**8**
SFFO CID	**22**	**10**
864th Engr.	**18**	**14**
AFPD	**18**	**14**
504th MP's	**18**	**14**
525th MI	**14**	**18**
USASA	**13**	**19**
16th BPO	**13**	**19**
51st Engr.	**10**	**22**
163d MP's	**5**	**27**
227th MED	**3**	**29**

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Star Presidian

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Summer school for reservists

By A.C. Reyes

Summer School Opens. Only reservists need apply. This year, Camp Parks, about a 45-minute drive from the Presidio, is the site for the 6222nd USAR School, whose home base is San Jose, California.

The 6222nd curriculum consists of about 10 military occupational specialties (MOS's), ranging from 05B (Radio Operator) through 17K (Ground Surveillance Radar Crewman) and 36K (Field Wireman) to 94B (Cooks).

Driving up to the gate of Camp Parks, I was waved on by PVT Hamburg, part of a contingent of 18 men from the 402nd MP Co., providing law enforcement.

When I arrived at the school, I was met by a slightly harried looking NCO, who admitted that the electrical system was acting up. "Don't know how long they'll hold up," he muttered, almost to himself. (Ed's note - transformers have been replaced)

After meeting the commandant of the school, Colonel Finis E. Wilkinson, I was pretty much left alone, and I wandered freely among the soldier students.

I asked Specialist 4 Delia Olsen, taking the field wireman instruction if climbing poles was hard. "It's easy," she said, "although your legs, and especially your ankles, are prone to get a bit sore. But that's just at the beginning."

She demonstrated the technique for me, and it looked easy. Some of the men were passing a basketball around, while atop their respective poles!

Over at the dining facility, aspiring cooks were busily tossing a salad under the watchful eyes of the instructors. "We subscribe to the 'hands on' method," said Staff Sergeant Norman Van Wye. "We find that, when coupled with a good instructor, this method works very well indeed."

We have, or will have, about 500 soldier students in the four weeks we'll be here," said Major Kevin Henker, assistant personnel officer. "To take care of that many students, we have 181 cadre personnel (supervisory), and out of that number 125 are instructors. We have soldiers coming here from all over. Why, we even have two soldiers who came all the way from Chicago! Maybe our reputation extends that far? There are a few housekeeping details that need clearing up, but nothing really insurmountable," Major Henker finished.

First Sergeant Bernard Williams admits that the lack of manpower has created some minor difficulties. "At one point, the officers rolled up their sleeves and pitched in to help unload some trucks. That's how short of manpower we are. But we are making progress ," he admitted.

Throughout the interview, an almost never ending procession of people came in to see him for solutions to problems. "We hope," he said, "that next year all these problems will not exist."

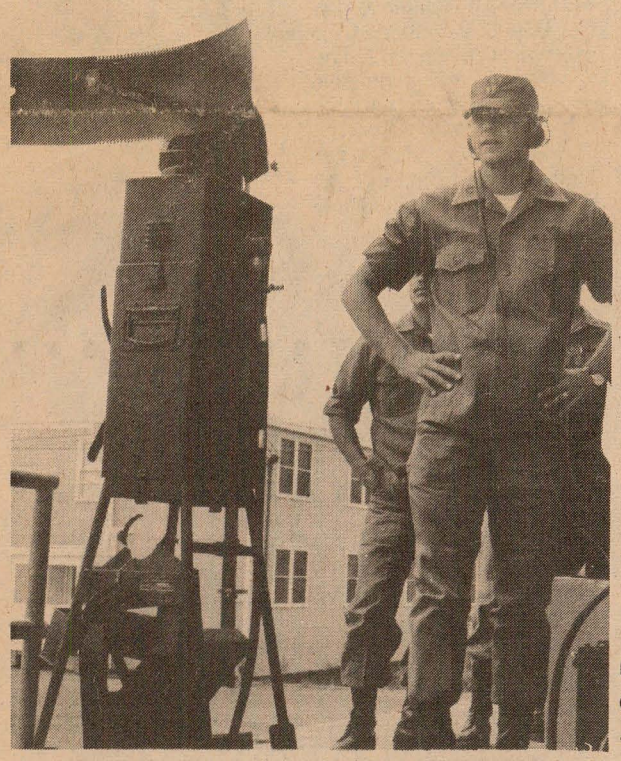
Summer School is open and operating.

Presidio Main Post Library
PRESIDIO OF SAN FRANCISCO, CA 94129



A. C. Reyes

Go climb a tree. **Or a pole. These men are sharpening their climbing techniques, part of their training as Field Wiremen.**



A. C. Reyes

This small radar **unit has a range of 1800 meters, according to SGT Curtis Lawson. It's used to train students as Ground Surveillance Radar Crewmen.**



A. C. Reyes

Student truck drivers **get pointers on what to look for during vehicle operation. This class shows the need for vehicle inspection before, during, and after operation.**

Presidio's mission: Why are we here?

The Presidio of San Francisco is beautiful and historic. A lot of people, both military and civilian, work here. But a lot of these people don't know what the mission of the Presidio is, or what part they play in the big picture.

A PSF regulation states that the mission is: "The mission of the Commanding Officer, Presidio, is to operate and administer the use of the resources of Presidio of San Francisco, Ca. to accomplish all assigned missions. Provide support to assigned, attached or tenant units or activities to include on-post and off-post units or activities in the assigned geographic areas unless such support is specifically assigned to another command."

If that doesn't tell you as much as you'd like to know, don't worry. The regulation then proceeds to elaborate for 10 pages.

What does all this mean to us? Who are all those people we support? Where are they, and what resources does the commander have to provide this support? Most importantly, how does your job help in all this?

The STAR PRESIDIAN will answer all those questions in a coming series; but for starters, let's look at supported units.

Letterman Army Medical Center is the largest tenant unit with a total of 1,339 military and Department of the Army civilians (DAC). Letterman Army Institute of Research, whose mission is "research for the soldier," is second largest with 456 personnel.

Sixth Army commands the reserves and supervises training of the National Guard in 15 Western states. Western Region Recruiting Command also supervises recruiting for a large portion of the Western United States.

There are a variety of smaller units and activities including a 27-person Army Security Agency Detachment, Physical Evaluation Board, Courier Station, the 548th and 87th Ordnance Detachments, and 525th Military Intelligence Group.

Next week the Star Presidian will discuss how we support these units.

Hot flash. . .Hot flash.

Hail and Farewell

To hail all the new NCO's who arrived at the Presidio in July and bid farewell to those leaving in August there will be a get together at the Main Ballroom in the Trade Winds August 7 at 7p.m.

Etta and the Radiations will provide the dance music. A buffet will be served. Men are requested to wear jackets and ties, and ladies are asked to dress prettily.

The Hail and Farewell dinner/dance is in the planning stage for a monthly activity. For more information, call Sergeant Slagle at 2717.

Ski boats available

The outdoor recreation branch has two 17' Thunderboats for water skiing powered by an 85 hp outboard motor, and one 17' Thunderboat Tri-hull, walk-through windshield powered by an 85 hp outboard motor. The rental fees are $12.50 per day, or $20 per two-day weekend for the ski boats, and $10.50 or $20 per two-day weekend for tri-hull boat. $25 deposit is required for all rentals, and number of days used determines total rental charges. For example, if rented for weekend only, $5 refund will be made. Reservations are received on a first come, first served basis and telephonic reservations are not accepted because $25 deposit is required at the time of reservation. For further information, contact outdoor recreation, ext. 4324/4356.

Jet boat whitewater trip

The Central YMCA is offering an exciting jet boat trip down the whitewater of the Rogue River in Oregon over the August 20 - 22 weekend. In addition, there will be camping at Paradise Lodge and a visit to Oregon Cave National Monument. Cost: $39, includes food, transportation, the boat ride, lodging/campsite, and insurance. For more information call the Central Y at 885-0460.

Shakespeare festival

The Central YMCA is offering a trip to the Shakespeare Festival in Ashland, Oregon, from Sept. 2 - 7. Tickets to 3 plays will be included, namely: Comedy of Errors; King Lear; and Much Ado About Nothing. Since numbers are limited (max. 11), early registration is a must. For more information call the Central YMCA at 885-0460.

Rec Center happenings

The Presidio Recreation Center is seeing the month out with . . . you guessed it, a **dance** featuring "Southern Comfort," on Friday, July 31 at 9p.m. Next, we are going to welcome the month of August by offering a **Plant Swap** on Sunday, August 1 at 3p.m. Our "swaps" are a good way to save money. We've got a **Book Swap** on Thursday, August 5 at 8p.m. and a kids **Toy Swap** on Saturday at 3p.m. Each of the swaps will be repeated on the same day and time for the remainder of the month, so come on in and save money.

Friday, August 6 at 9p.m. we're having another **Latino y Salsa.** This is the first one this month but it won't be the last, because we're going to have one each Friday this month so if you like Latin music, and who doesn't, come out and enjoy. The Latinos are going to do the DJ chores and bring the music. If you have a Latin record that you would like to hear over our big stereo system, bring it with you. The NCO/Enlisted Club will have the main bar open for this first one and if you support it, they will open the Lounge Bar for the rest.

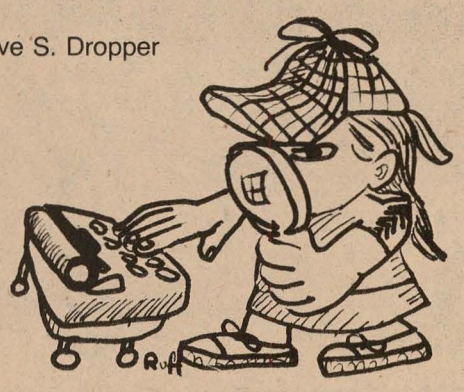
Meanwhile, back on Saturday, August 7, at 9p.m., we are having that sensational "Etta and the Radiations" back (formerly Etta and the Alteration), same group but a somewhat different name. We know that if you heard them you liked them and if you haven't heard them, ask someone who has.

At the risk of repeating ourselves, all activities sponsored by the Presidio Recreation Center are intended for the entire military community, so come out and enjoy yourselves and bring your family. No dependents under 19 years of age without parents, please.

The secret eye

A gathering of people and events under the watchful SP typewriter

By Eve S. Dropper



The fogged-in Presidians are complaining about the lack of sun, warmth, and the ability to see the big, beautiful blue sky. . .although I've heard several complaints about the weather, I really don't think many people complain as much as I do. Being from the land of sunshine and rain, I expected "beautiful California weather." Boy, was I surprised. . .but, my mom told me a little ditty attributed to Mark Twain, that went something like this: "The coldest winter I ever spent, was a summer in San Francisco." Although I thought my mom was exaggerating, I must admit she knew what she was talking about. . .but I do wish, especially in this circumstance, that she had been a little less right. . .

The folks down at the commissary are asking, rightly, that the customers cooperate in returning the shopping carts to the collection points. . .that way they don't get scattered all over creation, other people have them to use, and the commissary won't have to raise costs to buy new carts . . . think about it.

The Army sells some almost outlandish things . . . good for a chuckle anyway. Now, Master Planning Facilities Engineers is accepting closed bids for buildings 233, 234, 236, 238, and 239. But, if you buy one, you have to demolish it and carry away the debris . . . why would anyone do this? If you want more info, call 3198.

The 227th Med Detachment has been out doing its job . . . inspecting the 'dining facilities' for the troops at Camp Parks. Hope they do as well a job as they have been doing . . . seems they should since SSgt. McKenzie just came back from the Center for Disease Control (CDC) in Atlanta, Ga. Good school . . .

Congratulations are in order for Captain Norman Hyndman who just got his captain's railroad bars Wednesday . . . so, congrats, sir, it's a long road . . .

The 170th got a new commander Tuesday. Capt. James Richarson assumed command from Capt. Richard Whit Wise.

The bowling team from the 170th won three of four games. They played the team in the No. 1 standing, and beat them to now hold the No. 2 place. Moving up . . . slowly, but surely . . .

And, Pvt. Alfonso Daley joined the 170th straight out of AIT at Ft. Sill, Oklahoma. Welcome to the No. 2 bowling team!

An IG took place yesterday at the 16th BPO . . . don't know yet how they did, but I'm sure everything came out fine . . . they worked hard enough . . .

The 504th was having prime time training at the motor pool when I called, so I talked with the CO. The 402nd, part and parcel of the 504th, is out at Camp Parks pulling MP security duty for the reserves training there . . . gotta protect the troops . . .

The Army Education Center needs an instructor for German classes. A qualified person is needed for Beginning Conversation in German for military people and their dependents . . . guess it ties in with all the PCS moves to Germany . . . it would help to speak at least a little of the language.

For all of you CB'ers out there, the Crime Prevention Section of the PMO is giving away, FREE, metal carrying cases for your CB radio . . . help prevent rip-offs. So if you need one, call 4657/4664. Free cases are a lot cheaper than replacing a broken window, the radio, and anything else that may be of value in your car . . . the engine, knobs . . .

"Three for Fun" will be presented tonight and tomorrow night by the Presidio Players' Summer Workshop Theater. Beginning at 8p.m. in the Presidio Playhouse, the program includes three one-act plays. "Dr. Fish," "Next," and "Schubert's Last Serenade," range from the ridiculous to the sublime . . . and it's only one dollar. If you need more information, call 3993 between 1 and 5p.m.

Don't let the fog get you down, take 'n take and keep on whatevering . . . I will.

Ramblin' Sam

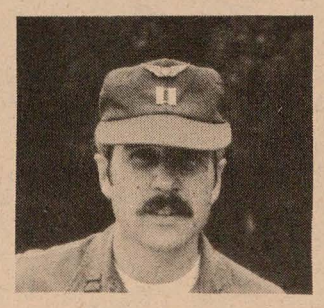
What is the mission of the Presidio?



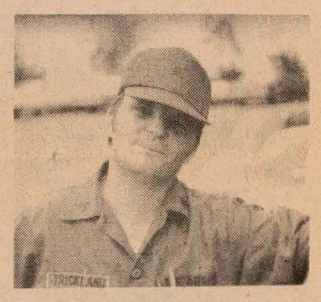
Linda Lawrence, LAMC I'd say, mostly, to train people to be ready if there is another conflict. And to protect this piece of land by the Bay. I don't know. Being in logistics, I think I have a part in it.



SP4 Steve Erbeck, 864th Engrs The Presidio is really a showplace, a "show" base, for the people to come and look at. There is an over abundance of Military Police, there is an over abundance of everybody, and there are not enough jobs to go around. The engineers do not have enough to do. This is not really an Army base. We have more than our share of parades, though. And keeping the post beautiful. It is not really Army, it is more "show."



CPT Steven Richards, 504th MP Our mission is to support the tenant units. When I say tenant units, I mean like LAIR, LAMC, 6th Army Hqs, etc., etc. How do I fit in? As a military police officer, I support the 504th MP, who in turn support the Presidio.



SGT Ross Strickland, Hqs CO USAG We support the reserves. We support the reserves, yep, that is what we do. Ninety percent of my work deals with supporting the reservists. Of course, we, I, also support the other active duty and all other contingents.

Movies

PRESIDIO THEATRE
Friday, July 30, Lipstick (R), 7p.m.
Saturday, July 31, One of Our Dinosaurs is Missing (G), 7p.m.
Sunday, August 1, Won Ton Ton, The Dog Who Saved Hollywood (PG), 7p.m.
Monday, August 2, Won Ton Ton, The Dog Who Saved Hollywood (PG), 7p.m.
Tuesday, August 3, Hollywood Boulevard (R), 7p.m.
Wednesday, August 4, Hard Times (PG), 7p.m.
Thursday, August 5, Hard Times (PG), 7p.m.

SCHWARTZ/LETTERMAN
Friday, July 30, Man Friday, (PG), 7p.m.
Monday, August 2, Lipstick (R), 7p.m.
Tuesday, August 3, One of Our Dinosaurs is Missing (G), 7p.m.
Wednesday, August 4, Won Ton Ton, The Dog Who Saved Hollywood (PG), 7p.m.
Thursday, August 5, Won Ton Ton, The Dog Who Saved Hollywood (PG), 7p.m.

Star Presidian

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Colonel Warren J. Lodge, commander
Major Michael J. Williams, public affairs officer
SP4 Carol Cronin, production and feature editor
SP4 Rebecca Sherwood, news editor

OETC: brainstorming for effectiveness



A. C. Reyes

Personnel attending one of the OETC seminars are, from left to right, Ray Pedigo, Jessie B. Sam, Isabel Lambert, Mac Roberts. Sitting on floor is Dorothy Liston.



SGM James Booker, COMPACT, discusses an organizational problem with MAJ Cain, Executive Officer, 504th MP Bn., during an OE seminar.

By Rebecca Sherwood

Every military unit has areas of weakness and of strength. Organizational Effectiveness is a program geared to alleviate those weaknesses and enhance the strong areas.

Organizational Effectiveness is a concept derived from Organizational Development programs in civilian businesses. The Army has been developing the program for four years.

The Organizational Effectiveness Training Center (OETC), at Ft. Ord, initiated a pilot class in this program. The pilot class went into the field in January 1976, and has had mostly positive feedback throughout their endeavors.

The workshop seminars and surveys being conducted on the Presidio by the OETC team, consist of Major Donald Rogan, and Captain Steven Plourde (Masters in Business Administration), center on communication techniques. The Presidio program is the result of a visit by the FORSCOM Organizational Effectiveness briefing team, at which time Colonel Warren Lodge requested the OE team conduct the workshop focusing on communication.

"The goal we're working for here is to improve communication among staff and commanders," stated Major Donald Rogan, OE staff officer and a student at Ft. Ord. Major Rogan is assigned to the Panama Canal Zone and has his Masters degree in Human Resources Management and his Bachelor of Arts degree in Psychology.

"Once this channel is reopened, it will lead to more effective organizations," stated Major Rogan.

One means of communicating during the seminars is brainstorming. During this portion of the workshop, a question is asked, like "what things do you like/dislike about the Presidio?" Every response is written down without any discussion and the information is given to senior staff members and the commander as raw data for evaluation.

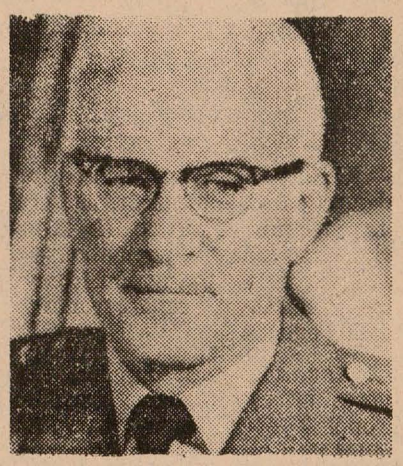
Two key parts of the OE Program are confidentiality and anonymity. Those people involved in this are not identified to the commander. In large groups, the responses are written and submitted without anyone knowing who submitted which response.

In small groups, five or six, the responses are given vocally and the person speaking is identified only to the other people in the room.

"The communication workshops being conducted here are a spin-off of the raw data from some brainstorming sessions presented to Colonel Warren J. Lodge, post commander. The overall value of these workshops can't be measured at this time, but their value will become clearer in the next few months," stated Major. Rogan.

"This program is geared to make the organization of the Presidio more effective and, at the same time, more appealing," added Major Rogan.

New Army Chief of Staff nominated



General Bernard W. Rogers

General Bernard W. Rogers was nominated July 28 by the president to replace retiring General Fred C. Weyand as Army Chief of Staff, effective October 1. General Rogers is currently the commander of the U.S. Army Forces Command, Fort McPherson, Ga.

General Rogers, a Rhodes scholar, graduated from the United States Military Academy at West Point in 1943. During the Vietnam war he was an Assistant Division Commander of the 1st Infantry Division. Later, he became Commandant of Cadets at the Military Academy and from January 1971 to October 1972 served as Chief of Legislative Liaison in the office of the Secretary of the Army and then as Deputy Chief of Staff for Personnel from November 1972 to November 1974.

Leadership: responsibility, concern

CSM James Hodges Jr.

During my tenure of service, I have witnessed a decline in the leader's attitude toward his men.

When you were appointed a noncommissioned officer, you were given authority to command those below you in rank. You were not appointed a leader, however, because there is no one in the Army who can make you one. No one that is, except yourself.

Being concerned is your responsibility as a leader. Responsibility is the price of leadership, and the test of a leader. You receive rank, rewards, privileges in proportion to the responsibilities you are able and willing to accept. Each step up the ladder of leadership brings you a larger share of pay, prestige, and privileges. These are earned rewards for your willingness to accept greater responsibilities. They are not outright gifts. You are expected to pay back every dollar paid to you across the pay table. Pay it back. Not in money, but in work and conscientious concern for your men and your unit. Accepting responsibility means a lot of things. It means personal efficiency and unselfish attention to the comfort and wellbeing of your men. Your men and the Army come first in all you do.

Just as you are expected to be loyal to your superiors, being loyal to your men is equally important. Protect their rights. Step forward promptly when they are getting an unfair deal. See that they are properly supplied, equipped and decently fed. You are the man they rely on. Never let them down. Defend their rights as much as you would want your own rights defended.

If you are concerned, you should recognize any problem whenever it arises, where it exists, what caused it, and what you can and must do to correct it. If you are concerned and if you are a responsible leader, you can do wonders for your men and your Army.

MOS testing slated for August

August is one of the four annual MOS test periods. There are slightly over 200 Presidio soldiers scheduled for their MOS test at this time. "August will mainly be testing for 71B's—clerk typists," stated Staff Sergeant Robert Lilley, NCOIC of MOS Testing. "There will be a four hour written test as well as a skill test for all the clerk typists."

The importance of your MOS test centers around reenlistment, promotion, and special assignments, according to SSgt. Lilley.

"No duties should be scheduled to interfere with the test and it's the individual's responsibility to see that he's tested and that it's in the right MOS. "Anyone scheduled for the test should already know. A DF from the Test Control Officer went out to all those scheduled and tells the date, time, MOS, and directs the person to appear in duty uniform. Even if you're scheduled for leave, you should not miss your test. No excuses are being taken for absence or tardiness.

"This will be the last year this type of MOS test will be given. Next year a Skill Qualification Test (SQT) will be given and involves a four hour written test, may involve a hands-on four hour component test—which will be given by individual units and monitored by the Test control officer—and a performance rating on you by one of your supervisors involving the duties you normally do during your work day.

"The SQT will start in November on a trial basis with six MOS's. Those to be tested in the SQT will receive a book to study, and this is the only book given the entire time you're in the service. Right now we'd prefer not to have a lot of calls about SQT. We're in the process of developing a briefing that will be given to each unit," stated SSgt. Lilley.



A. C. Reyes

From left, Colonel John D. Hamilton, deputy post commander, presents the revolving Commander's Cup Trophy to Brig. Gen. George Woodard, Letterman commander. General Woodard accepted the trophy in behalf of LAMC personnel who amassed 304 points during the past year to capture the Post Championship.

Notes from the kegboard

According to Bowling Center manager, Mat Mathison, registration for both the classes to be conducted by Barry Mann and the two tournaments slated for August is running very slow.

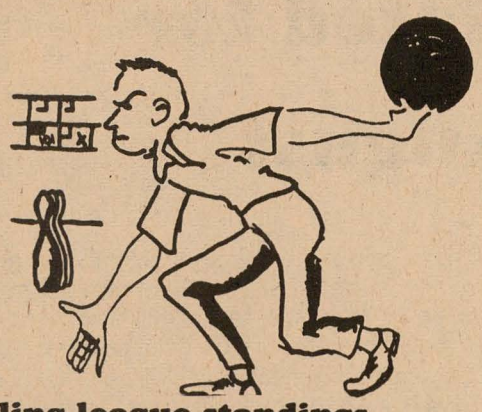
Presidio bowlers are reminded that payment of $15.00 for the course must be made prior to noon, Monday. As of last Tuesday morning, only four registrations had been received with 36 more openings available for the course.

Mat also says that the singles and doubles tournament slated for next month is in danger of being cancelled due to low registration.

Okay folks. Today's payday. We hope that is what you were waiting for.

Listings are beginning to drift back into the center for the fall leagues. Secretary for the "Ladies Monday Afternoon" league will be Virginia Lindsey; for the "Officers Tuesday night Mixed" league, Edith Hammack; and for the WAC League (open to both active duty and retired bowlers), Milldred Strunk.

Persons interested in bowling with any of these leagues should contact the respective secretaries.

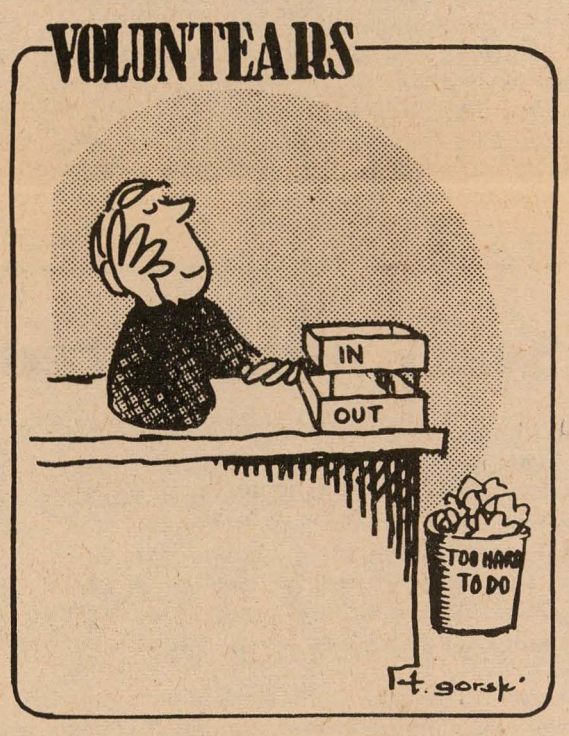


Bowling league standings

Presidio league
as of July 27

TEAM	W	L
Spt Elm	28	8
170th MP's	24½	11½
LAMC	24	12
USAG	23½	12½
LAIR	20	16
525th MI	18	18
USACC	15	21
Courier	13	23
Band	9	27
DPTSEC	5	31
Fort Scott league		
LAMC	28	8
6th Rgn	28	8
Spt Elm	27	9
402nd MP's	25	11
SFFO CID	22	14
864th Engr	19	17
AFPD	19	17
504th MP's	19	17
USASA	16	20
16th BPO	16	20
525th MI	15	21
51st Engr	10	26
163d MP's	5	31
227th MED	3	33

SPORT SHORTS



Bantam Baseball Championship

Treasure Island Naval Base will be hosting a Bantam Minor and Major Baseball Championship in which teams representing the Presidio will be entered. Dates of these championships are July 30 and 31 and August 1, 7, 8, and 9. The first game for the Presidio Bantam Minors will take place at 11:30a.m., Saturday, July 31 and their opponent will be Travis Air Base. Should Presidio win, their next game will be at 2p.m. the same date. If they lose they will play at 2:30p.m.

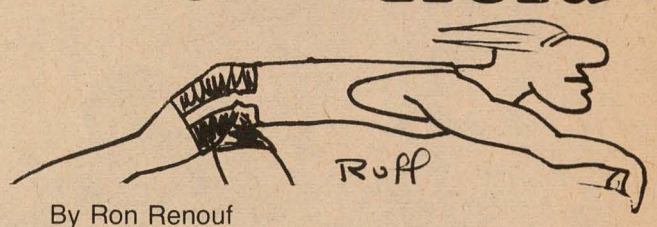
Softball league standings

as of July 27
Presidio league

TEAM	W	L
1LAMC No. 1	11	1
USAG	10	3
864th Engr	7	3
LAIR	6	7
402d MP Co	4	7
666th Radar Sqd	4	9
170th MP Co	3	7
Corp of Engr	2	10
Fort Scott league		
WRRC	8	3
LAMC No. 2	8	3
HHD, 504th MP's	8	3
16th BPO	6	6
ARR IX	5	7
525th MI Gp	4	8
Ref Lab	1	10

VIEWPOINTS

Off the field



By Ron Renouf

Quoting a military regulation is not normally the best way to open a commentary on sports, but this one bears quoting.

Paragraph 7a, Presidio Regulation 28-4 states that unit commanders will qppoint qualified athletic and recreation officers, and noncommissioned officers and forward copies of orders appointing individuals as such to the Special Services Officer, (now Recreation Services Officer), ATTN: Sports Director.

Only three of the 27 units participating in the post sports program have seen fit to comply with this requirement.

Maybe this explains why the average attendance at the mandatory monthly sports council is less than half of those same 27 units in the program.

That's right sports fans—the council meeting is mandatory. At least paragraph 15c of that same regulation says so. "A meeting of the sports council will be conducted at 1300 hours on the second Tuesday of each month. Attendance is mandatory for all participating units."

In the presentation of the annual Commanders Cup last Tuesday morning, it should be noted that LAMC amassed a total of 304 points, of which 85 came from attending every council meeting and every sports clinic conducted during the preceeding year.

It should also be noted that a total of ten units, more than a third of the 27 in the program, finished the year with less than those 85 points that they could have received simply by attending the clinics and the monthly council meeting that the reg says they must attend.

These "administrative points" give even the smallest unit on the installation a chance to do well in the overall competition. Aside from the requirement as stated in the reg, it's an opportunity that each of the 27 units in the program must avail themselves of if the intramural sports program here is to remain a viable program geared to maximum participation as it is intended to be.

As the current TV commercial goes, "Get off the can and on the stick."

It's LAMC and LAIR, LAMC and LAIR, and that's the way they finished in the Commander's Cup Trophy Race.

Letterman Army Medical Center piled up a resounding 304 points to take top honors in the annual competition, with Letterman Army Institute of Research capturing second place with a total point count of 241. In third place was the 170th MP's with 208½.

The presentation of the Commander's Cup was made Tuesday morning at the Recreation Center. On hand to receive the Trophy was Brig. Gen. George Woodard, commander at Letterman Army Medical Center. Colonel John D. Hamilton, deputy post commander, made the presentation.

Enroute to the championship, LAMC picked up 85 of its total 304 points by attending each of the monthly sports council meetings and every clinic held during the sports year.

They competed in 12 of the offered 15 sports on the schedule racking up eight first places, three second places and one fourth place.

The champs also picked up 65 points for members who made the post teams in various sports.

Throughout the season, LAMC participated with the following results: summer bowling, first; softball, tied for second; racquetball, first; football, first; squash, first; basketball, first; cross country, second; karate, second; tennis, first; volleyball, fourth; wrestling, first; and winter bowling, first.

Points toward the Commander's Cup are awarded in a variety of ways. A unit receives points in the standings for attending the mandatory monthly sports council meetings (see Off The Field) and the various clinics that are held for each individual sport.

In addition, the unit also receives participation points—points for entering the competition regardless of their final won-lost record, and then points for their final standings at the end of that particular sport schedule. Up to 25 points maximum are also awarded the unit for each member they are able to place on a post team of All-Army team.

The point system is set up to ensure that small units are able to compete for the Commander's Cup primarily through participation, rather than winning.

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Star Presidian

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As a heavy equipment operator, **SP5 Sue Proctor goes through her summer training loading and unloading ship's cargo at Rio Vista.**



Gaining traction **in sand is hard to accomplish. This reservist handles the problem by partly deflating the tires.**

A.T. Assignment: ships

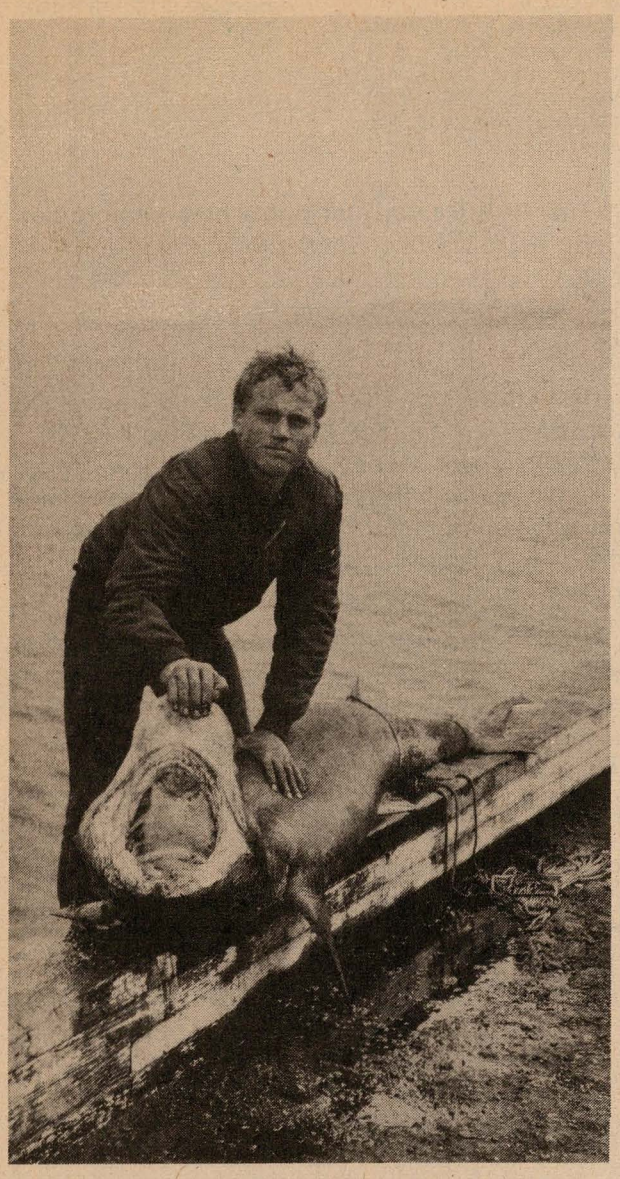
Photos and story by A.C. Reyes

From the green hills of Wisconsin to the shores of the Sacramento River, the officers and men from the 948th Transportation Company made their way to their (according to some of the men) favorite watering hole, training camp for their two weeks training.

The 190-man company is at Rio Vista to train at what they do best: loading ships. They have had their share of "down" time because of broken winches, men coming down with throat infections (wonder what they have been drinking) and the like, but that sort of thing is more or less expected.

According to SGT Andy Leick, "This is a very adequate installation, at least for the type of training that we are supposed to be getting. It's not as mickey mouse as some training has been. Why, we even had to pitch tents out in the boonies. But I do suspect that no one has slept in them yet, especially when the barracks are so handy."

I do wish that the driver who was kind enough to drive me around had shown less exuberance. I mean, driving at 30 m.p.h. smack into a chuckhold almost big enough to swallow a small elephant is not exactly my idea of fun. I did manage to quit foaming at the mouth long enough to shoot these pictures of the 948th at work.



JAWS—*To the question often asked* of Park Rangers at Fort Point National Historic Site, "Are there sharks out there in the water around the Fort?"—this is the answer! Recently, an 8-foot, 3-inch, seven gill shark was caught by John Oliver, 4 Dexter Place, Millbrae, California off the dock at Fort Point. Oliver used mullet for bait, a heavy rod and reel with 165 pound test line. After the shark was hooked, he lassoed the tail and got assistance to haul the huge shark up on the dock.

Presidio's mission: What's the word?

Part II

Do you ever wonder about just what on earth the Presidio really does? Well, let's put it this way . . . Is your plumbing broken? Roof leak? House on fire? Do you need supplies, furniture, office equipment, uniforms, or clean linen? Are you hungry or thirsty? Need military replacements, orders cut, or a civilian hired? Want to see a movie or play, take tennis lessons, or learn how to develop your own photographs? The list is almost endless.

In short, the word is support. Support in all of these areas and many many more. It's what the Presidio is all about. That's what the soldiers assigned to Garrison and the civilians working in Presidio Headquarters are doing. They are supporting you.

However, let's narrow it down a bit. We'll start with HQ CO USAG, the company that supports the troops who help provide administration, rations, quarters, supply items, and assist with the morale and welfare of assigned or attached personnel, and just about anyone who has anything to do with the Presidio.

The people of Garrison try to create a favorable atmosphere to work and live in. When people have this kind of good surroundings, soldiers, regardless of rank, know what is expected of them and are given the resources to fulfill their duties and perform to their highest level.

Welfare and morale go hand-in-hand in working for the soldier. "We try to provide service that will effect the morale of the troops," stated Captain Marc Benezra, C.O. of HQ CO USAG. "We try to make our service prompt, courteous, and accurate. When you treat the soldier like he's important, his morale can climb. When he's just a number or a name on a duty roster, it's hard (for him) to feel really needed."

When any GI doesn't meet the standards of performance, then punitive action must be taken. This comes in the form of Article 15's, discharges, and any type of added duties. So, the discipline end of Garrison is taken care of.

Got a request? Well, if you're assigned to USAG and they can't play the tune, then you probably won't be able to dance to the music. All requests, stemming from reassignments, quarters, rations, recommendation for promotion, pay problems, processing of leaves, personnel 201 files, are taken care of at the company by Staff Sergeant William Kratzer and any of his staff of five.

Living arrangements are handled by the CO, and supply, Sergeant Nealy and his merry gang. A place to live is provided, and now the company is in the process of having the barracks repainted and new curtains have been ordered. These things are done trying to give the soldier a better place to live.

And the food! Garrison Dining Facility received 'best mess' of the quarter, so the food must be pretty good. The consolidated facility is used by organizations without dining facilities and by supported units. Sixth Army Headquarters, Communications Command, 6th Army Band, active duty reservists, and transferrees from Oakland are fed here.

Not only does Garrison's mess hall feed all these people, but they'll also feed any active duty military and their dependents. And if you're not a part of Garrison, you can still chow down here if you have a meal card, ID card, or for those on separate rations, a buck.

Another role of Headquarters USAG is in providing support for ceremonial functions, like honor guard, funeral details, and escort requirements. In fulfilling these needs, Garrison supports 6th Army, retired military and the civilian community.

Additionally, USAG supports the headquarters of the Presidio and its commander, Colonel Warren Lodge, by providing all the personnel to fill his directorates.

Next week, we'll discuss these people, their jobs, and their work for the mission.

Hot flash. . . Hot flash.

Hispanic Heritage Week

The week of September 13-17 is designated by the Department of the Army for observance of National Hispanic Heritage Week. The purpose of this observation is to honor the various Hispanic groups that have contributed to the progress of our nation and the Army. Anyone wishing to participate in this event should contact RREO at 3701 or 4602. Personnel are also invited to attend a coordinating meeting at 7:30p.m. August 9 in the Prince Room at the Recreation Center Monday evening.

Rec center happenings

Coming up soon at the Presidio Recreation Center are several enjoyable activities. On Saturday, August 7, "Etta and the Radiations" will play for a dance beginning at 9p.m. On Sunday, the 8th, there is a second PLANT SWAP for all you "green thumbers." On the 9th, at 8p.m., Patrick Carter, HYPNOTIST, will be presented along with the usual free CHESS LESSONS at 7:30p.m. If you are fascinated by the strange and unusual, be sure to come by and see this act. Why not try the BOOK SWAP on Thursdays at 8p.m. Just bring your old books and trade them for someones else's old books. No money is exchanged but plenty of money is saved. For all you patrons of Latin music, they have developed an amateur DJ night. Bring your favorite Latin records or just bring yourselves, but try the LATINO Y SALSA, loosely translated: Latin and a hot time, or something like that. Wear your dancing shoes. It begins at 9p.m. every Friday. There's a KID'S TOY SWAP every Saturday, so if your kid is tired of his toys, and whose kid isn't tired of his toys about two days after Christmas or birthday, bring him/her to the Toy Swap at 3p.m. every Saturday.

Bicentennial wander

The Presidio Recreation Center is presenting a Bicentennial Wander. Wander on the historical path of the Presidio August 15, starting at 1p.m. Register now. The deadline is August 15 at 3p.m. Bicentennial Wander medals are $3.00 each.

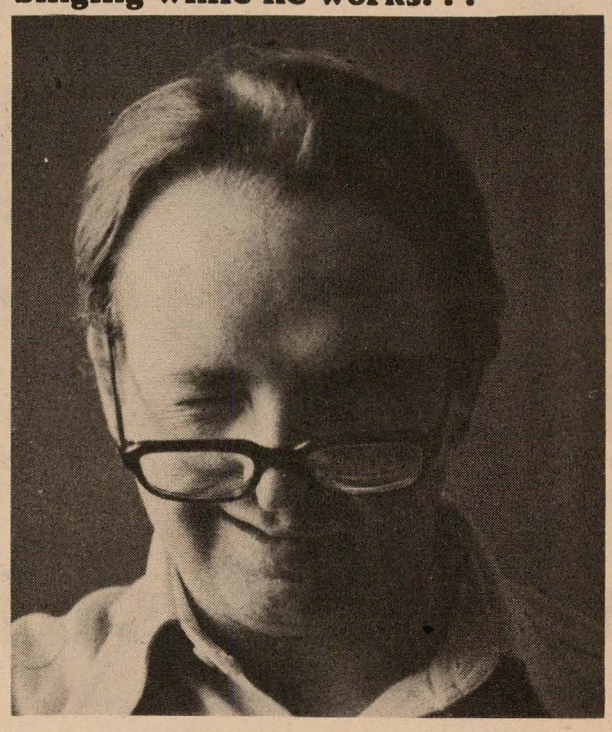
Also after the Wander a gala festival will be held with Bicentennial historical film shorts, musical entertainment, a cake cutting ceremony with honored guest, and a buffet and dance following with Ms. Etta and the Radiations.

For additional information, call 2000/5420, Presidio Recreation Center.

Beer bust and barbeque reunion

All former members of the 25th Infantry Division are requested to contact Walt Boyling, 561-7373, regarding organization of a "Golden Gate Chapter" of the 25th Infantry Division Association. A charter will be awarded upon formation of this chapter with names of all charter members inscribed on it. The formation of the chapter will be celebrated with a beer bust and barbeque. A get together will be held annually. Annual dues will be $6.00.

Singing while he works. . .



David Pichette of Sixth Army, DCSPA Word Processing is a civilian employee in Building 39, but his real labors of love are acting and singing and he performs at every opportunity. Maybe you have seen him dancing through Building 39 or singing on his errands to Building 38?

David studied under Director, Glenn Dubose while attending Shabout College in Hayward where he majored in Drama. Over the years, Mr. Dubose has featured David in various roles in such hits as "Wonderful Town", "1776","Feorello!","America Hurrah", and "Black Comedy".

Presently David is playing in the famous Promenade Company Production of Rodgers and Hart's "Babes in Arms", again directed by Glen Dubose, appearing at The Showcase Theatre, 430 Mason, San Francisco.

Free jazz concert

On Sunday, August 15 and Sunday, September 26, beginning at 2p.m., Turk Murphy's San Francisco Jazz Band will perform a two-hour concert of traditional jazz music in the open air rotunda of historic old Fort Point under the South Tower of the Golden Gate Bridge. The concert by San Francisco's "father of the swing band" is free.

Chaplains turnover

The 201st Anniversary of the Chaplaincy was recognized July 29 with a reception at the Officers' Club. General Gonzalez, Commander of the Oakland Army Base, spoke at the reception. This was one of the first functions attended by the new Post Chaplain, Robert Plocki.

Chaplain Plocki comes here after his assignment as the Fifth U.S. Army Chaplain with Headquarters at Ft. Sam Houston, Tex. Chaplain Plocki served as Sixth U.S. Army Chaplain at the Presidio several years ago.

In his present assignment, he has overall responsibility for 13 active duty chaplains and 692 Reserve and NG Chaplains in the 13 states that comprise the Fifth U.S. Army Area.

Also new to the Presidio are Chaplain (Major) Roger B. Schalm and Chaplain Roland Q. Humphrey. Chaplain Schalm comes to us from the U.S. Army Chaplain Center and School, Ft. Wadsworth, NY, where he was a student. Chaplain Humphrey recently came on active duty after 10 years with the Texas National Guard.

For his work in the Post Chapel, LTC Bressette was awarded the Legion of Honor Award of the Chapel of Four Chaplain's Sunday, Aug. 1. This award was given for his work as a lay reader and for his help with the Chapel program.

Movies

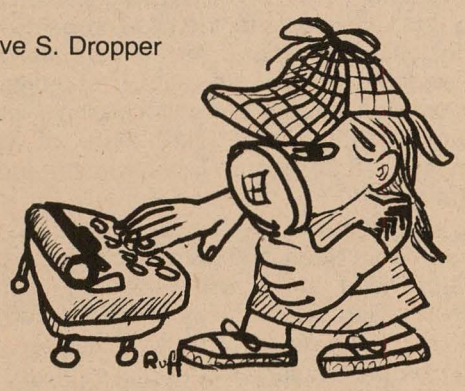
PRESIDIO THEATRE
Friday, August 6, Zebra Force (R), 7p.m.
Saturday, August 7, Cartoon Film Festival (G), 2p.m., Bite The Bullet (PG), 7p.m.
Sunday, August 8, Chino (PG), 7p.m.
Monday, August 9, Chino (PG), 7p.m.
Tuesday, August 10, Rooster Cogburn (PG), 7p.m.
Wednesday, August 11, Vigilante Force (PG), 7p.m.
Thursday, August 12, Vigilante Force (PG), 7p.m.

SCHWARTZ/LETTERMAN
Friday, August 6, Hard Times (PG), 7p.m.
Monday, August 9, Zebra Force (R), 7p.m.
Tuesday, August 10, Bite The Bullet (PG), 7p.m.
Wednesday, August 11, Chino (PG), 7p.m.
Thursday, August 12, Rooster Cogburn (PG), 7p.m.

The secret eye

A gathering of people and events under the watchful SP typewriter

By Eve S. Dropper



The way things have been going lately, I wonder how anyone retains anything closely resembling sanity . . . busy, busy, busy. . .

Last week I told you about those old buildings you could buy and tear down . . . after wondering why anyone would want to do this, I received a telephone call. If you buy the building, you do have to tear it down, but you can take what you want, and you don't have to carry off the debris . . . leave that, and the guys here will get it . . . I hear it's a good way to make a little extra money . . .

LAMC welcomes a new Command Sergeant Major. CSM Willie K. Williams (I like his name!) came to LAMC from Alaska and will now be enjoying the pretty days here . . . nice to have you, sir.

Also new to the LAMC team is Major Wallace J. Brown, with the Medical Services Command. Major Brown is the new adjutant, coming here from Ft. Baker, where he served as the WRRC operations officer at AFEES.

The 504th MP's have a lot going on with the supported units . . . the 170th is off to Ft. Lewis for a month of training. And the 402nd is back at white hat duty-law support, and one platoon is still at Camp Parks, watching the reservists.

The 504th wanted to welcome SP6 Thomas Beyler as their new legal clerk. Just arriving from Germany, SP6 Beyler, we hope you like it here . . .

D Co., 864th is off to the field next week for tactical training at Ft. Ord and Hunter Liggett. Accompanying them will be the 51st Engineers and the 227th Med Detachment. Have fun troops. It'll be good training . . . And SP4 Thomas Crooks, from Germany, got here just in time to join in . . .

Leaving the 864th are SSgt. Donald Green, PCS to Hawaii; SP4 Leonard Park, ETS; SP4 Mark Palmer, ETS; SP4 Steven Erbeck, ETS; PFC Victor Hazelwood, to Germany; and Pvt. Mark Dickson, ETS. When they go, they go in bunches. . .

I found out, no big secret, how the 16th BPO did on their IG. Are you ready for this????? They got 15 commendables out of 25. . .I hear this is really good. . .congrats, guys, you deserve it!!!

Pvt. Kimberly Jones, straight out of AIT at Ft. Jackson, joined the 16th BPO. And Sgt. Bob Atkins, left TDY as a body escort to New York. Nice place to visit, but not under those circumstances. . .

The new first sergeant has arrived at Headquarters Co. USAG. All I've been able to find out today is his name, John Golden (sounds pretty, huh?) and he just came from the Sergeant Major academy, wherever that is. . .like to hear more about you . . .

LAMC is having a blood drive. . .if you're ready to give it up, blood that is, go down to the Red Cross lounge, room 107, on the first floor of the main hospital right across from Mitchell Dining Hall (good directions, huh?) on August 31 from 10a.m. until 4:30p.m. and on September 1 from 7:30a.m. till noon. Help out those less fortunate than yourself. . .

The RAP Center just put a new shingle out. They are now being referred to as the Presidio Alcohol and Drug Information Center. Sounds pretty heavy, doesn't it? Almost enough to make you nervous. . .

The 4th Annual Presidio Women's Day will be August 26 from 9a.m. till 3:30p.m. in Bldg. 135, Rec. Services. There will be speakers, films, workshops, and exhibits. The program is presented by the Federal Women's Program Committee and dedicated to the civilian and military women of the Presidio. For more information, call 2035.

CARTOONS!!! Yeah! A Super Duper Kartune Karnival, featuring 13 color cartoons, with the best of the Pink Panther and friends (YEAH) will be held tomorrow at the Presidio Theater beginning at 2p.m. Admission will be $1.00 for the big kids, and 50¢ for the littler ones. Enjoy . . .

Another week over TGIF. . . take 'n take 'n keep on whatevering . . . I will.

Star Presidian

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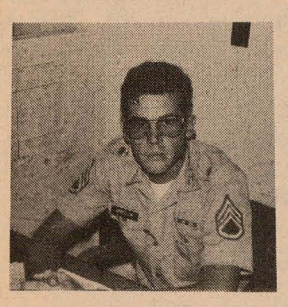
Colonel Warren J. Lodge, commander
Major Michael J. Williams, public affairs officer
SP4 Carol Cronin, production and feature editor
SP4 Rebecca Sherwood, news editor

Ramblin' Sam

Lately there has been some talk about the possibility of soldiers using credit cards in the PX. Are you against it, or do you think it would be a good idea?



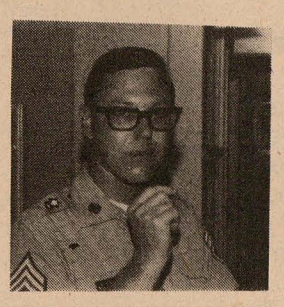
SP4 Marivonne Goodhart, Retro pay, Army Reserves. I am all for it. I don't know how many times I lost out on some special sales that the Post Exchange had, and if I had had a credit card. . . Another thing: you would go thru the checkout counter a lot faster, you wouldn't have to write your life history on the back of the check everytime you cash one, etc., etc.



SSG Jeffrey McFarland. No. I'm against it. Not because it's not a good idea, but because I think people will abuse it. And whenever we have to get more people to run the operation, pay for the computer, machinery and upkeep, the profits will become less and less.



SP5 Judy Richey, DIO. I think it has its good points, but I personally don't like them. And I think that some of our younger soldiers may not be able to handle it. It is far too easy to get in over your head, and it is a long climb up.



SSG Doug Winslow, Plans and Operations NCO. Terrific! Myself, I don't like to carry too much cash on me. These days, what with muggers and robbers and the like, it is just not wise to carry cash. I like to do all my purchases on two credit cards, and pay within 30 days, to avoid paying carrying charges.

SGT Sergio Villafane, NCOIC, Customer Services. That's a very good idea. I endorse it completely. All too often soldiers have to wait until payday to get some needed items, why, it may even boost sales at the P.X. This will also enable people on a budget to take advantage of the specials.



Citizen of the month

When a person donates time and energy to helping others, a time should come when that person is honored for his/her work. The Presidio Community Citizen of the Month program is designed for this purpose, in addition to encouraging greater team effort and increasing the interest and participation of more members of the Presidio community in worthwhile projects.

This program was approved in February 1976, but just recently became a reality. Mrs. Ruth Lamirande received the Community Citizen of the Month award for June, and was recently honored for her work as President of the Enlisted Wives' Club, as well as her work as a member of the Thrift Shop Board of Governors and member of the Youth Activities Council. Mrs. Lamirande also served as a member of the PX-Commissary Advisory Board and was a volunteer with Army Community Services.

"Mrs. Lamirande's unselfish donation of her time and talents from August 1973 has been an outstanding contribution to the Presidio community," reads the Certificate of Appreciation given her by Colonel Warren J. Lodge.

Contributions in any of these areas as well as teen clubs, sports and recreation activities, any ecology efforts, energy and fuel conservation programs, religious programs and activities should all be taken into consideration in nominating persons for this award.

Anyone, military or civilian, working or living on the Presidio, is eligible for nomination. Nominations must be submitted on PSF Form 822 and sent to the Army Community Services Officer, Bldg. 913, no later than the third Wednesday of each month.

A look in the mirror

By John Geiger

"George, the organizational effectiveness team that visited the Presidio last week said the biggest problem on the post is communications."

"What, sir?"

"Communications, George. Listen up."

"What do you mean by 'communications', sir?"

"That's right, apparently we just don't listen to each other. They also said we try to blame everything on the boss. Well, I say, so what. He deserves it."

"Who?"

"They did, the organizational effectiveness team said that. They also made this big pitch about how communications was everybody's business, and to prove their point they made us play silly little games - 'communications exercises' they called them. Damn stupid games made me look like a fool!"

"Why was that, sir?"

"Because they were stupid, that's why. You know, George, we don't need any stupid games to prove we can communicate in this organization, do we? It's simple—when I talk, you listen, right George?"

"Er. . . I . . . yes, sir."

"Of course you do, because you know which side your bread is buttered on. It's the same with me and my boss. I do exactly as he says. But I can't help it when he screws up the post by telling me to do something before he gets his facts straight. That's his problem."

"Yes, sir . . . but perhaps if you . . ."

"I'd be an absolute looney to tell him otherwise, especially when he's in one of those moods of his. He'd kill me if I told it to him like it really is around here, he'd never trust me again."

"Yes, sir, but wouldn't he . . ."

"I tell you, George, compared with those other organizations, we're absolutely perfect. But the Commander has got a real problem on his hands communicating with some of those dummies."

"You're right, sir. But perhaps if you suggested . . ."

"Oh, I know what to suggest, alright. The Commander ought to tell those people on the **Star Presidian** to get with it and start communicating what he wants around this post. Communication is their business, you know."

"I think I'll take a few notes, sir."

"Good idea. Say, George, why don't you send your notes over to the **Star Presidian**? They need all the help they can get if they're going to solve this problem for the Commander."

"Yes sir, if you say so."

United front against disease

By Lyle McKenzie

The Center for Disease Control (CDC), in Atlanta, GA, is the highest rated center for disease surveillance in the world. Staff Sergeant Lyle McKenzie, of the 227th Medical Detachment, recently completed a course in disease control there.

Thirty-five physicians and professional health workers from 19 nations attended the seminar on Epidemiology and Public Health Administration.

The changing trends and emphasis in disease control were discussed from the aspect of the United States and the World Health Organization.

"I found it extremely interesting to find out that smallpox will have been totally eradicated from the world by the end of this year," stated SSgt. McKenzie. "This is the only disease that every nation in the world cooperated on completely in trying to kill. To me, this proves that different forms of government can work together for a valuable common cause."

Basic principles and practices of administration and management were discussed and analyzed, also.

"With the many nations involved, it was very informative to learn of the different solutions that various government and health officials have found to deal with and correct administrative problems," stated SSgt. McKenzie.

"Personal or national wisdom is no more a private property but a universal value that is to be exchanged and appreciated," added McKenzie.

SSgt. McKenzie was the only military participant and only one other U.S. citizen attended. The course material and other additional training material will be used to train the 227th in the latest and most up-to-date methods of Epidemiology.

The Center for Disease Control is the United States Department of Health, Education and Welfare's headquarters for disease surveillance and its staff and facilities are recognized as the best in the world. Thousands of unconfirmed viruses and bacteria are received weekly to be evaluated by CDC's experts.

Present arms



Doc, it's my boy! I think he's got swine flu...

By Rebecca Sherwood

Swine flu shots will be ready for active duty soldiers by early fall. Receiving this vaccination is a requirement for all soldiers, according to the Department of the Army.

Swine flu, first discovered among recruits at Ft. Dix, N.J. in February, is similar to the Spanish influenza virus that caused the 1918 epidemic that killed 20 million people throughout the world, and 500,000 in the United States alone. More than 24,000 soldiers in the U.S. died during that epidemic.

The Swine flu virus is expected to spread during the summer and its full impact will hit during the fall and winter months.

The Army is currently getting sufficient vaccine to immunize all military personnel, DA civilians and other beneficiaries but DA officials point out that special command emphasis will be required to insure that every soldier is vaccinated.

The only effective deterrent to widespread influenza is vaccination and nationwide inoculation has been urged by President Ford.

President Ford submitted a bill to Congress authorizing $135 million for the purchase of the vaccine for every American. The bill was passed with almost no objections.

"We cannot afford to take a chance with the health of our nation," the President said.



***Colonel Warren J. Lodge, post commander,* accepts the 1976 Worlds Military Basketball Championship trophy from Mr. Hal Fischer, sports director. The trophy was presented to the Conseil Internationale DuSport Militaire (CISM) by the president of the United States and was returned to the U.S. following their championship in last year's games. Currently on display in the trophy case located at Post Headquarters, the trophy will be transferred to Department of the Army for presentation to the Department of Defense at the end of August.**

Notes from the kegboard

The singles bowling tournament will get under way this weekend with a mini field of competitors. Only 36 registered for the two-day event out of 200 available positions. A total of 56 bowlers registered for the doubles tournament slated for next weekend.

Pins should start banging about 1p.m. tomorrow. Listings are posted at the Bowling Center and participants should check for their time slot if they have not been advised as to when they will bowl.

Not only was the turnout disappointing for the tourney, but also for the classes being offered each Tuesday night. With 40 spots open, only 10 applied. And with a money-back guarantee offer???

Winter leagues are now being lined up. Here's what will be available. Check it out and if you're interested in one or more of these, sign-up sheets are available at the Center.

Monday: 1p.m., Ladies League; 5:30p.m., Men's Hdcp 4's; 8:30p.m., Mixed 4's.

Tuesday: 5:45p.m., Scratch Trio; 8:30p.m., Officer & Wives Mixed 4's.

Wednesday: 9a.m., Officer's Wives; 5:30p.m., WAC League; 8:30p.m., Men's Hdcp 5's.

Thursday: 5:30p.m., Officers & Civ Men's 5's; 8:30p.m., Mixed 4's.

Friday: 9a.m., Ladies League; 5:45p.m., Mixed 4's; 8:30p.m., Mixed 4's.

Saturday: 7:30a.m., AJBC Bantams; 10a.m., AJBC Jr/Srs, (Youth Leagues).

Racquetball championships

The 1976 Post Racquetball Championships will get underway later this month following the clinic scheduled for next Tuesday afternoon. The clinic will be held in the Recreation Center beginning at 2p.m.

The tournament is open to all active duty military assigned to the Presidio. Persons desiring to compete should submit their application no later than August 17 so that pairings may be drawn up. Competition in the singles play is expected to start August 23.

Council meeting

The monthly Sports Council meeting will be held Tuesday, August 10 at the Recreation Center at 1p.m.

These monthly meetings are considered mandatory for representatives of those units participating in the Commander's Cup sports program here, and points are awarded in the standings.

Minor league takes third

In a warmup for the annual Presidio Invitational Youth Baseball Tournament, the Presidio Minor League squad finished in third place in the Treasure Island Tourney last weekend.

After dropping their opener to Travis, 4-3, the Presidians put together a fine performance to down Alameda 3-2 on the pitching of Travis Colbert and the hitting of Frank Curren and David Giese. Colbert fired a fine two-hitter in picking up the win.

Their luck failed to hold however, as they took a 10-5 pasting from Travis in the double elimination action to finish in third place.

Post Softball tourney

Both the 864th Engineers and U.S. Army Garrison picked up victories in the opening round of the Post Softball Championship Playoffs, Tuesday night.

In opening game action, the Engineers came from behind, after spoting Western Region Recruiting Command a three-run first inning lead, to eak out a 6-5 victory.

Martinez picked up the win for the Engineers while Marks was tagged with the loss.

Leading the offensive attack for the Engineers were Johnson, Rodgers and Cameron, each collecting a pair of hits in three trips to the plate. It was Johnson's homer with one aboard in the third inning that started the 864th on the comeback trail.

Passilick, Carey, Mason and Marks all contributed a pair of hits for the Recruiters.

	R	H	E
WRRC	6	10	1
864th	5	10	2

In the nightcap, Garrison was forced into extra innings before they pulled out an 8-7 win over HHD 504th.

Kratzer started for Garrison going the first six before giving way to Brown who picked up the win in relief. Richards took the loss for the 504th MP's.

Geier led the winning attack for Garrison with a pair of singles, a double and a triple in going 4-4 at the plate.

Hughes went 3-4 to lead the MP's in a losing cause.

A flock of errors, a total of five, kept Garrison in trouble most of the night before they put the winning run across the plate in the bottom of the seventh.

	R	H	E
504th	7	11	3
USAG	8	10	5

Intramural league standings

Presidio League final standings

Team	W	L
Spt Elm	29	11
170th MP's	27½	12½
USAG	26½	13½
LAMC	25	15
LAIR	21	19
525th MI	21	19
USACC	19	21
Courier	13	27
Band	11½	28½
DPTSEC	6½	33½

Fort Scott League as of August 3

Team	W	L
LAMC	32	8
402nd MP's	29	11
6th Rgn	29	11
Spt Elm	27	13
864th Engr	23	17
SFFO CID	22	18
AFPD	22	18
504th MP's	19	21
USASA	16	24
525th MI	16	24
16th BPO	INC	INC
51st Engr	13	27
163d MP's	9	31
227th Med Det	INC	INC

Minor league youth baseball

The Minor League Youth Baseball tournament opens today with two games on the schedule, both at Fort Scott Field.

On field #1, the host Presidio team will take on Travis Air Force Base while the game at field #2 will pit Treasure Island against Alameda. The fifth team in the tournament, Fort Ord, drew a bye and will take on the winner of the Treasure Island-Alameda game in second round action Saturday morning at 10 a.m.

Both games this evening are scheduled to get underway at 6p.m.

The eighth and possibly final game of the tournament is set for Pop Hicks Field at 11a.m. Sunday with the if necessary game scheduled for Sunday afternoon at 3p.m., also at Pop Hicks.

Next weekend will feature the Major League Tournament here.

High jump champ

Lisa Rusiewicz is going to Philadelphia. And she's going as the CHAMPION.

The 12-year-old daughter of Lawrence and Lucy Rusiewicz will be competing in the high jump at the National Finals of the Jesse Owens Track and Field program August 14.

Lisa reached the finals by winning the District Tournament in that event with a jump of 4'4" in the girls 12-13 year-old division at Kezar Stadium.

While competition was lacking at the district level in her age group, she outjumped girls in the 14-15 year-old division and has chalked up a PR (Personal Record) of 4'6" in her two years of competition.

According to Lisa, there will be approximately 1,000 young athletes at the National Finals with "maybe ten other girls in my event."

She has been preparing for the big meet for several months now. A multitude of stretching exercises, running up and down the bleacher stairs at Kesar Stadium, jogging a mile four times a week—all combine to provide a rather strenuous training schedule for a twelve-year-old.



***Running a mile* four times a week is just part of Lisa Rusiewicz's training for the high jump.**

In addition to Lisa's winning performance in the high jump, she is also a member of a local swim club and plays tennis two days a week.

The youngster's aspirations are a mile high. Her more immediate goal in life is to make the 1980 Olympic Team in the track and field and swimming events.

In addition to the high jump, Lisa says she likes the sprints—50, 75, and 100 yards, and the long jump. In swimming, she prefers the 50 and 100 meter free style; the 50 and 100 meter back stroke, the 50 meter fly and breast stroke and the 100 meter individual medly.

For the time being however, she intends to win in Philadelphia and to reach the National Finals again next year.

Gymnastics has also attracted her attention. She readily admits with a grin that since watching 14-year-old Nadia Cominiche's electrifying performance in Montreal, "I want to get involved in gymnastics."

Lisa will travel to Philadelphia with the team representing the Bay Area. While there, she says, "we plan to visit Valley Forge and the other historic places around Philadelphia."

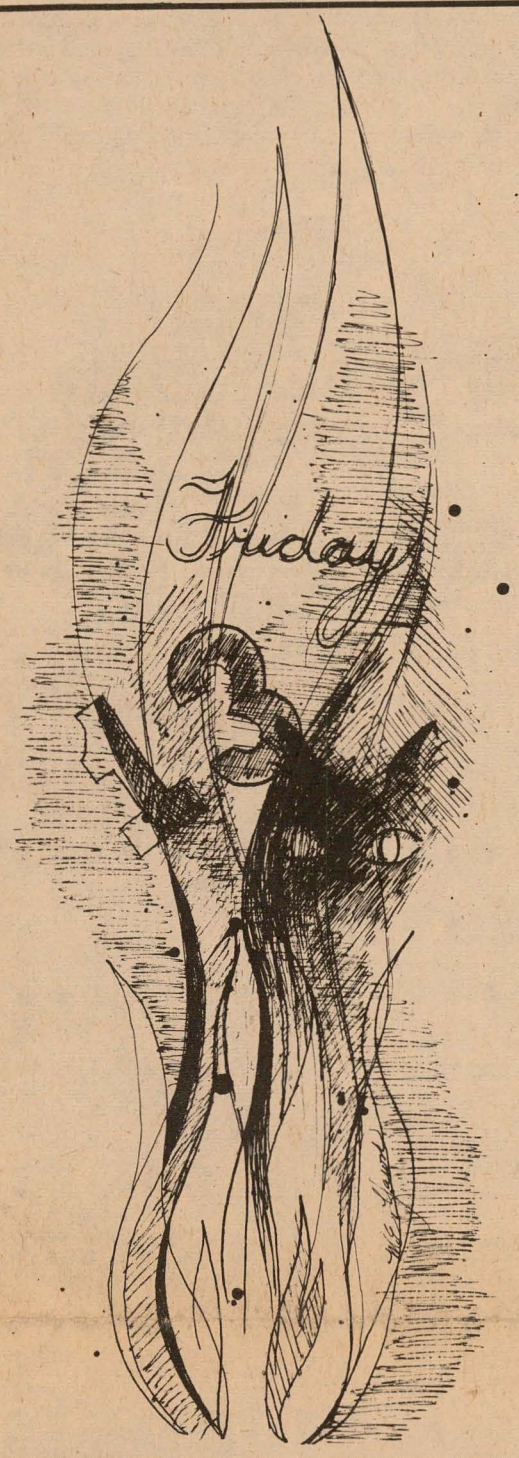
Departing here August 13, the team will be in competition on the 14th and return the evening of the 15th. It promises to be a full schedule.

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Star Presidian

Volume 19, No. 31 | Presidio of San Francisco | Friday, August 13, 1976



Bad luck, good luck

By Ron Renouf

This is it. The day that strikes terror in the hearts of millions. A day to turn to reclusivisim (our word) and hide from the world. Friday the 13th has arrived in all of its evil.

If one were to consult the encyclopedia of superstitions (we did) one will find no reference to Friday the 13th. However, the references to Friday and the number 13 are enough to make the average mortal shudder.

Friday is considered an unlucky day in general European folk belief as Christ was crucified on a Friday. It is considered bad luck to be born or married on a Friday, take a new job, cut one's nails, or visit the sick.

If you turn your bed on a Friday, you will not sleep. Sailors are loath to begin a voyage on Friday and criminals expect a hard sentence if Friday is the day set to appear in court.

Friday does have something going for it, however. In Irish folk lore, it is good luck to die on Friday, be buried on Saturday and get prayed for on Sunday. Keep that in mind when scheduling future events.

The term "Black Friday" is a late coinage in England. "Fri" or "Friday Face" in 17th century English slang was a sad or moody expression.

The bad-vibes concerning Friday probably originated among the Nordsmen. With them, Friday was sacred to the goddess Freya, the northern Venus, after whom it was named. Anyone who undertook projects on this day was looked upon as dishonoring her and she was known to avenge herself by overwhelming him with misfortune.

The number 13 is another entire experience in evility (our word too).

The most widespread numerical superstition today, it is considered extremely unlucky. This is often attributed to 13 at the Last Supper, but is really older and existed in Pagan Times. The ancient Romans regarded it as a symbol of death, destruction, and mistortune. Witch-covens consisted of 13 persons.

It is ill-omened for 13 to sit at a table. The person who rises first will die or meet with serious misfortune within the year according to believers in its power.

Hotel keepers, particularly in Europe, rarely have a room numbered 13. They know they will have difficulty in letting it, therefore, it is usually labelled 12a or 14. Houses numbered 13 are often hard to sell or rent and some town councils have been forced to take notice of this tradition and omit 13 from their three-numerals. A famous English lawyer is said to have refused all briefs marked "13 guineas."

The 13th of the month is an inauspicious day to embark upon a new enterprise or set out on a journey. It is doubly so if on a Friday. Probably the unluckiest date for a wedding would be today, or other similarly ill-fated Friday the 13th's, and few brides would choose it without a very strong reason.

However, to be born on the 13th of a month does not seem to be particularly ill-omened anywhere and in some places it is thought to be lucky. Where this is the case, a child born then is expected to prosper in anything he begins on that date in later life.

What goes up . . .





Photography by Frank Castro

By A.C. Reyes

And then! It's you and the sky. You look up and there is the canopy above you. There is an exhilarating sensation. All the noise is gone. This is the payoff, the culmination of those long arduous hours you spent, first the physical conditioning, the mock-up tower, the constant prodding by the instructor, who you were sure had it in for you, all that is behind you now.

No, no one ever forgets that very first jump. Later, there will be the awarding of the coveted Airborne wings. But now you are actually enjoying the descent. All too soon, way too soon, the ground comes up to meet you, and your training automatically takes over. You execute the impact-lessening roll, spill the air out of your chute. Now you are acutely aware of your trembling legs. You have completed your first parachute jump.

There are several sayings connected with parachutists. Such as, why would anyone jump out of a perfectly good aircraft? And, only birds and oddballs fall out of the sky. But when you do this for a living, it can be very exhilarating and rewarding indeed.

"We are required to jump once every 90 days. However we try to jump once every two months," stated Chief Warrant Officer 3 Darrell Berber, from the Parachute Maintenance section. "That way, if for some reason we can't get an aircraft, or in the event of bad weather, well, then, we are still ahead of the game.

"As of now we have only four enlisted men in the section. One of them is leaving at the end of the month. So that leaves us only three qualified riggers.

"You have to be Airborne qualified before you become a rigger. We have to hold the 43 Echo MOS. In addition, we undergo training in parachute maintenance, cargo packing, heavy vehicle rigging and dropping. We even," he smiled when he said this, "learn to use a sewing machine."

I understand that some people say that jumping out of an aircraft is no more dangerous than riding an elevator, is that true?

"I think I'd rather ride the elevator. However you don't get jump pay for riding elevators. But seriously, if you are looking for something that is a little out of the ordinary, then parachuting out of an aircraft may just be the thing for you," stated CW3 Berber.

I declined with thanks. But obviously the men from the section enjoy jumping. Here they are at work. Doesn't it look like fun?

Hot flash. . .Hot flash.

Criminal law

Introduction to Criminal Law, (CRIM 52), 3 units, will be held at the Education Center, Bldg. 1216, August 16-27, from 9a.m. until 4p.m., Monday, Tuesday, Wednesday and Friday. Some areas covered in the course are principles of California criminal law; arrest, search and seizure; aspects of the Penal Code and other criminal statutes; applicable sections of the U.S. Constitution and relevant cases as they apply to and affect contemporary law. This course is required for all criminology majors. There is no tuition for the course for California residents or military personnel and adult dependents stationed in California less than one year. For non-residents, the tuition is $117.75. For further information or to enroll, call the College Department at Ft. Scott Education Center, ext. 4445 or 4900.

PX Advisory Council

A meeting of the Presidio Exchange Advisory Council will be conducted on Tuesday, August 17, at 9a.m. in the Army Community Service (ACS) Conference Room, building 913. The purpose of this council is to discuss, advise and make recommendations designed to improve customer service in the Presidio Exchange.

Members invited to attend are from the following categories: officers, NCOs, dependents, enlisted, retired personnel and their dependents.

These are open meetings and all personnel in these categories are invited to attend and participate in discussions and/or make known their observations/suggestions; however, unit commanders are requested to select one attendee as a minimum to insure all categories of personnel and their interests are represented.

On-post college courses

The courses offered by San Francisco State University which will be held at the Ft. Scott Education Center, Bldg. 1216, or the Letterman Education Center, Bldg. 1007, for the August 30 through October 22, 1976 term are: Psychology of Personal Development, 3 units, no prerequisites: Deviant Behavior, four units, prerequisite: Introduction to Sociology; Language and Experience, three units, no prerequisites; Introduction to Astronomy, three units, no prerequisities; and General Microbiology and Public Health, four units, no prerequisites.

City College of San Francisco will offer Women in the Modern World, three units; Introduction to Criminal Law, three units; and Introduction to Nutrition, three units, prerequisites: high school chemistry or biology.

Plant Walks

Learn California native plants and botanical techniques with Ida Geary, author of "The Leaf Book." Join the plant walks on Tuesday or botanical techniques on Wednesday, Thursday, or Friday. The classes are scheduled for 10a.m. to 4p.m. beginning Tuesday, Aug. 17, and meet at the Fort Point Promenade Classroom, Bldg. 672. Tuition is free.

Volunteers needed

There is always a dire need for wives to volunteer their services at the Thrift Shop. If you can find time to help for three or four hours a day, Monday, Tuesday, Thursday and the first Saturday of each month, contact Mrs. Ervine during operating hours or telephone 561-3265. The profits are used in support of Presidio Youth Activities and similar organizations.

"Flying Tigers" reunion

Personnel assigned or attached to the American Volunteer Group China or "Flying Tigers" during 1940-1945 in the China—Burma—India are are invited to attend a reunion convention. The convention gets off the ground in Tucson, Arizona, July 26 to 29 and then flys to Taipeh, Taiwan for a full schedule of tours, dinners, etc., hosted by the Nationalist Chinese Government. The convention will run through August 10 at group-rate prices. For full details contact Walt Boyling at 7373 (7a.m. - 2p.m.) or 4827 (after 2p.m.).

Rec center happenings

The Bicentennial Wander down the Historical Path at the Presidio will begin Sunday, Aug. 15, at 1p.m. After the Wander, at 4p.m., the Wander Gala Festivities will be held at bldg. 135, with speakers, food and music.

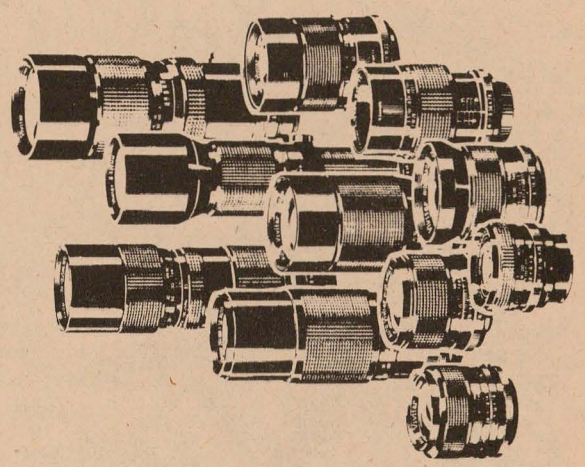
Next Thursday, Aug. 19, a pool demonstration with Hank Nole will be held at the Rec Center at 8p.m. Everybody is invited to come over and check it out.

A Toy Swap is slated for next Saturday, Aug. 21, at 3p.m. Kids bring old toys and swap them for different ones.

Coming soon! A tour to the California State Fair at Sacramento, with the bus departing from the Rec Center at 9p.m., Sunday, Aug. 29. Sign up now!!

Beginner's photography

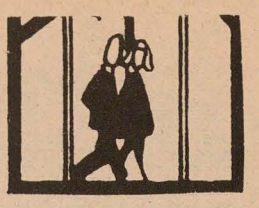
Beginners photography class will begin September 3, 1976, every Friday evening, 6:30 to 9:30p.m. for four weeks. The class is open to all active duty military, retired military and dependents. However, active duty military will be given priority. The class consists of basic techniques of film development, printing, camera and photography equipment usage and basic composition and design. Sign-up is required. For class reservation, stop by the Post Crafts Shop, Bldg, 122 or call 4497. All you need bring is a camera, any camera, and one roll of black and white film.



Movies

PRESIDIO THEATRE
Friday, August 13, The Loves and Times of Scaramouche (PG), 7p.m.
Friday, August 13, The Bat People (PG), special horror show, 9p.m.
Saturday, August 14, Mustang Country (G), 7p.m.
Sunday, August 15, Embryo (PG), 7p.m.
Monday, August 16, Embryo (PG), 7p.m.
Tuesday, August 17, Goodbye Bruce Lee, His Last Game of Death (R), 7.m.
Wednesday, August 18, Take a Hard Ride (PG), 7-.m.
Thursday, August 19, Take a Hard Ride (PG), 7p.m.

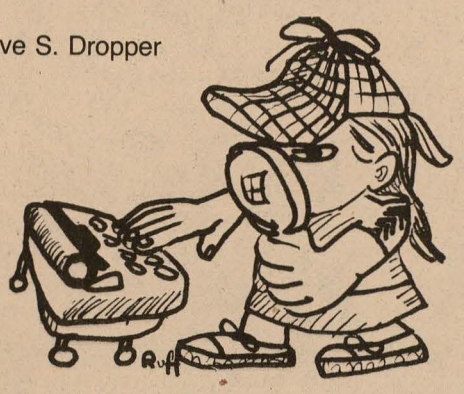
SCHWARTZ/LETTERMAN
Friday, August 13, Vigilante Force (PG), 7p.m.
Monday, August 16, The Loves and Times of Scaramouche (PG), 7p.m.
Tuesday, August 17, Mustang Country (G), 7p.m.
Wednesday, August 18, Embryo (PG), 7p.m.
Thursday, August 19, Goodbye Bruce Lee, His Last Game of Death (R), 7p.m.



The secret eye

A gathering of people and events under the watchful SP typewriter

By Eve S. Dropper



Anybody superstitious? Today is Friday. The 13th ... But, it's also payday!!! What could really be so bad about that??? And, it's really been a great week ... for me, anyway. Hope it wasn't too bad for any of you peoples.

Now, I'm gonna get down to some heavy yelling ... (another word would probably be more appropriate, but one can't print those words, can one?) All you great animal lovers ... did you know three children were bitten by dogs this last weekend? Have **you** ever been bitten? I have, and believe me, it ain't no fun. Especially if they can't find the dog ... I was lucky. I didn't have to go through the rabies series. But, if you do have a dog, and ya oughta know I love animals, please, don't just let it wander around. Your pet could get hurt, or hurt someone else ... have a heart. Don't put yourself, or your pet, in a position where you're responsible ... even if "it wasn't your fault." Somebody has to pay ... sooner or later.

Long years ago, a really nice lady (my mom), volunteered to be the Scout Leader for my troop. And, I must admit, those trips we took and the projects we worked on have been some of the beautiful things we remember and laugh about together. Give your daughter, or someone else's, a chance to learn the things Scouting can teach. Girl Scout registration will be August 20 at 7:30p.m. at the Girl Scout House, 566 Ruger Street. Girls in second grade through high school can join. And, for the littler tykes, a Pixie troop for first graders will be formed, if enough kids wanna join.

And moms, there are plenty of openings for leaders and assistant leaders. If you can get into it, call Ginger Daniels, 3807. The time and effort you put into these girls will be repaid hundreds of times ... and more later, when you remember the fun ...

The 170th is up at Ft. Lewis ... still training ... Major Carolyn Cain is heading the 504th MPs HHD while Colonel John Valient is on leave ... And the 402nd is pulling white hat duty this week ... so, watch out for radar. I KNOW, for a fact, that tickets ARE being given out ...

The 227th Med Detachment qualified with the M-16s this week, down at Hunter-Liggett. Well, stranger things have happened ...

D Co. 864th is in the Hunter-Liggett, Fort Ord area this week. They're out qualifying with the M-16, the 45 and the M-60. I'd like to learn to fire a 45 ... I heard there was an "accident" on the way down to Liggett. One of the drivers was hit on the head with a steel pot-helmet ... accidently. It vibrated off the shelf, hit him, and knocked him out. Heard he had a concussion ... Hope it's better soon ...

The 16th BPO is unwinding after its hectic IG last week. And next week they start a simulated movement ... the Army's work is never done, is it?

Lt. Col. Norman Harms, DPCA, moved to North Forts as the installation CO. Col. Richard Ament is taking over for Col. Harmes, and just came from Japan ... Hi!

Lt. Richard Schultz, uh, excuse me CAPTAIN. Congrats on your promo ... (I must admit I'm tempted to ask if you watch Hogan's Heros. I know nothing ...)

Lt. Col. Allen Bresette left last week for Korea. Sorry nobody let me know he was leaving before he left. It's kinda hard to say 'bye after somebody's already gone ... BUT, I can welcome Major Samuel Pearson to his new position.

Pvt. Marcellous Harrison came in to fill out his hometown news release form. But, we found out his hometown is Oakland ... I'd like to welcome Marcellous back to his stomping grounds. Seems he just came from AIT at Ft. Jackson and will be working in personnel ...

Keep your dogs in hand ... have a beautiful weekend, and extend the happy feeling into the work you do next week. It'll make you feel like you're really a great person ... Take 'n take 'n keep on whatevering. I will.

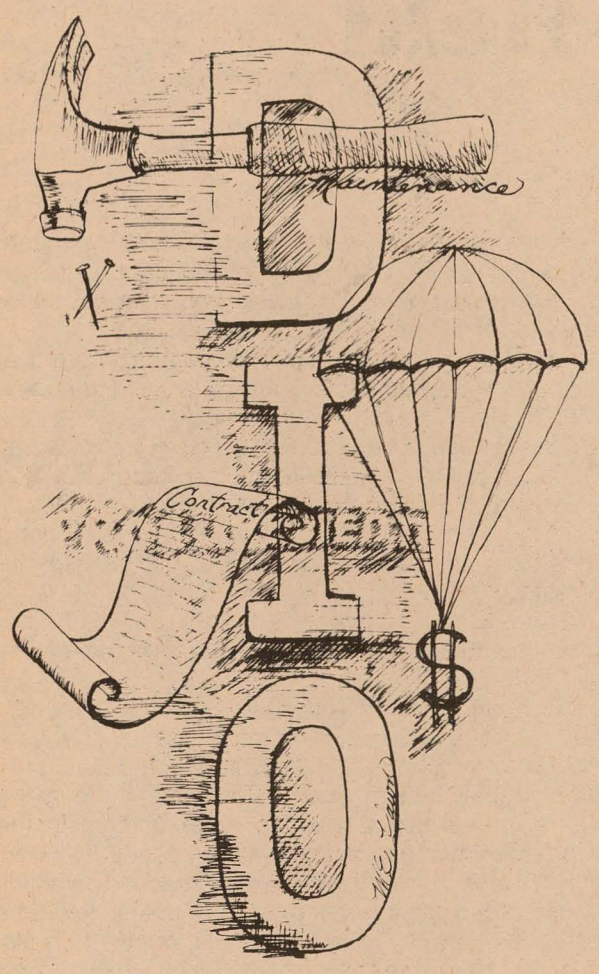
Star Presidian

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Colonel Warren J. Lodge, commander
Major Michael J. Williams, public affairs officer
SP4 Carol Cronin, production and feature editor
SP4 Rebecca Sherwood, news editor

DIO: The Presidio's Inn Keeper

By A.C. Reyes



"Good morning, DIO, ----- speaking, can I help you?" This is but one of the many calls that the office of the DIO receives, to the tune of about 70 calls daily.

But what, exactly is the DIO, and what is it that they do? The SP asked the very same question from the top enlisted man in the DIO (Directorate of Industrial Operations), who promptly replied; "The mission of the DIO is to direct and coordinate logistic activities pertaining to procurement and provision of supplies and services, maintenance and management of material and equipment, movement of personnel and property, housing management for family and bachelor quarters and billeting activities, food service programs and ... " He must of noticed my glassy eyed stare, because he stopped, grinned, and asked:

"I think what you really want to know is how best we can describe what we do here, isn't it, rather than giving you the mission statement." Encouraged, he went on, after sipping at his coffee:

"I'd say," Master Sergeant Earl D. Popplewell continued, "that a way to describe our function here is being innkeeper to the Presidio.

"Remember the last time you went on leave and stayed at that nifty hotel in Hawaii, Europe, Japan, pick one. Chances are that somebody from the hotel picked you up at the airport, drove you and your family in, and deposited you at the hotel. After registering, getting a room assigned, you would want a place to get your clothes cleaned up, a place to eat, transportation, etc., etc. The hotel no doubt had some shops on the ground floor where you could get just about anything that you wanted, up and including a postcard which you could send to Aunt Florrie, in which you bragged about what a fine time you were having and wishing that she were there with you.

"Sounds good, doesn't it?

"Now, let's assume that you have a unit that's moving onto the Presidio. First, you need a place for the troops to move into, right? And then, you would probably need some kind of support, nothing fancy, you know, the necessities that make life just a bit easier to take, little things like clean laundry, dining facilities, (and some civilian KPs would be nice), somebody to take care of support maintenance, provide transportation, a place where you could get your uniforms clean, and somebody to take care of the mounds of paperwork that somehow are connected with something like this.

"It would be hard to think of something that the DIO is not involved in somehow. Let me put it this way: If you can think of the DIO as being the hub of an imaginary wheel, and our eight divisions or activities as the outer rim you'll begin to get an idea.

"Our eight divisions I mentioned are assigned specific functions. There is the Plans and Operations Division, whose function is self-explanatory, the Services Division (laundry services, provides technical assistance for troop and reserve dining facilities, civilian KPs, etc.), the Maintenance Division (responsible for support maintenance, with all that it entails), the Housing Division (manages housing, guest quarters, furnishings, etc), the Procurement Division (administers local purchasing and contracting), the Supply Division (clothing sales store, self-service center, property control branch), the Management Division (provides management coordination), and the Transportation Division, without which we wouldn't get anywhere. Transportation is the division that plans, programs, and provides military and civilian transportation services to the Presidio, tenant units, and organizations within the Presidio's area of responsibility.

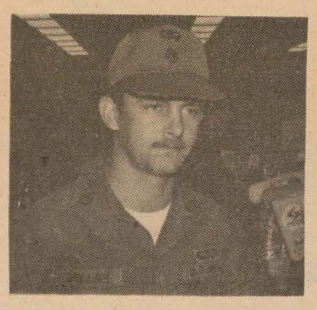
"Let's see, yeah, that's all eight. That's basically what we do. It is somewhat simplified, and very, very broad, but overall, I'd say that it is quite accurate. And going back to the beginning, that's what our mission statement spells out. That is our mission on the Presidio."

Ramblin' Sam

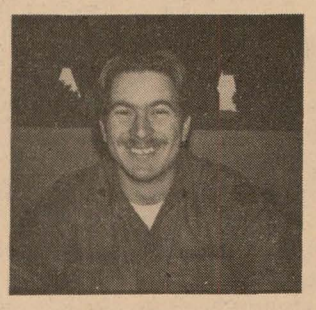
The news is that the EM/NCO Club is closing on the 26th of this month. One alternative is that the Log Cabin may be reopened on a dues paying basis. If this is so, what would your views be on that, and will you frequent the club?



SP4 Joseph Linblad, Engrs. I would go. (To the Log Cabin) I really don't see anything happening at the main club. Very few people seem to be going over there, and the Log Cabin seems to attract more customers. I'd suggest that some effort be made to get a better variety of bands, good bands rather than merely mediocre bands. That, in my opinion, would go a long way in improving the Log Cabin. I wouldn't mind paying dues as long as they are kept reasonable.



SSG David Dollar, 504th MP Yes, I'd definitely go. And if the management would try and obtain better bands, it wouldn't surprise me or anybody to see more customers go to the Log Cabin. Yes, even if they had to pay dues. As it is now, my choice is the Log Cabin, and I frequent it, whenever I am lucky to find it open.



SP4 Steve Corcoran, Engrs. I'd say it's a very good idea. Of course I would go. If I pay dues I certainly would go. And I think that the Log Cabin is better situated. Yes, I think the Log Cabin will be all right. I like it.



SP6 Bert Bailey, Hqs USAG I would probably go the Log Cabin. Transportation may be a problem since I am at Garrison and I don't own a car, but even on a dues-paying basis, I'd say that the reopening of the Log Cabin seems like a good idea.



Name and Picture withheld by request. I think it's too bad they are closing the main club. And I think that the real losers will be the young troops. I think that a lot of potential customers were turned off because of the main club's tendency to cater to a single ethnic group. I mean, not all of the customers like to listen to soul music all the time.





By Jodi Hansen

Parking lots were problem areas during the time between July 5 and Aug. 5. A motorcycle was taken from the LAMC parking lot during broad daylight. The front fork of the motorcycle was locked but it was not chained to an immovable object. A ten-speed bicycle was chained to a railing in front of building #220 (Post Headquarters). Someone cut the chain and stole the bicycle between 9:30a.m. and 1:55p.m. A CB radio was taken from a locked van in the LAMC parking lot. The owner did not know the trade name or serial number of the radio. Additional problems included someone taking parts off a parked motorcycle, removing a tire from the trunk of a car, letting the air out of tires and slashing tires.

Several of these crimes may have had unsuspecting witnesses—unsuspecting because they didn't know what to look for. If you see something suspicious (someone cutting a chain) or unusual (someone removing a CB radio at an odd time and place) don't ignore it - report it to the Military Police - 2251. Also, you can help protect your property by taking the time to properly secure it and by recording the trade name, model. and serial number of all valuable property.

NCO's Hail and Farewell

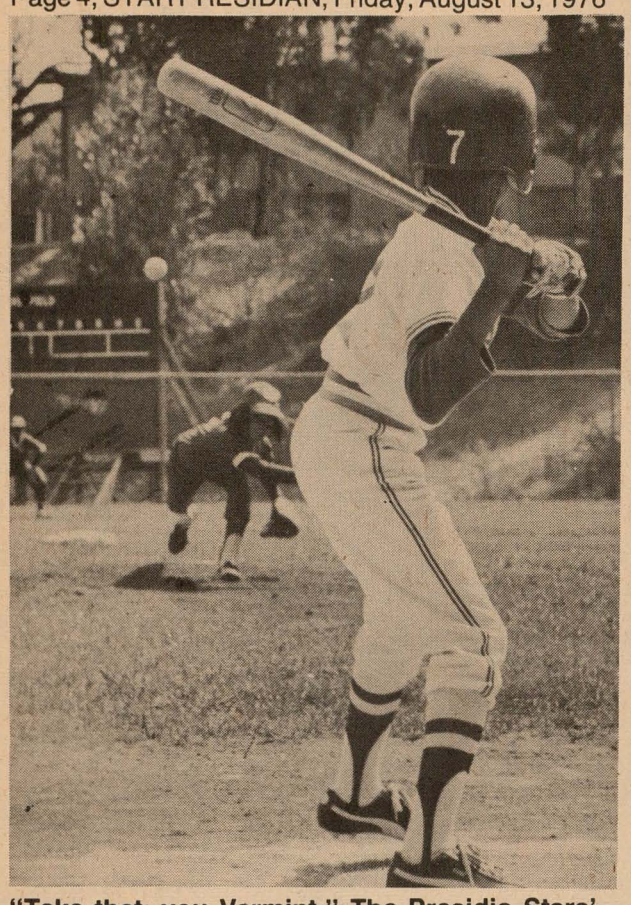
Last week's Presidio Non-Commissioned Officers Hail and Farewell party, held at the Tradewinds NCO Club, can only be described as a huge success. Hosted by the USACC Agency-PFS, commanded by Lieutenant Colonel Hugh W. Parks, the party drew in excess of 180 NCO's wives, and guests. Some notables attending included Comd. Sgt. Maj. and Mrs. Herschal Rainwater, Comd. Sgt. Maj. and Mrs. James Hodges, , and Comd. Sgt. Maj. and Mrs. George Cruz.

Honored guests, newly arrived at the Presidio, included Comd. Sgt. Maj. Willie K. Williams, Sgt. Maj. and Mrs. Angelo Laspino, Sgt. Maj. and Mrs. Ernest Cotton, SFC Bobby Tate, SFC and Mrs. William Knot; MSgt. and Mrs. John Golden and SFC and Mrs. Wallace Jackson and MSgt. and Mrs. George Swain.

The STAR PRESIDIAN welcomes these new NCO's and their families to the Presidio and wishes them a most enjoyable and challenging tour.

Guests of honor departing the Presidio included Comd. Sgt. Maj. and Mrs. Nathaniel Lamirande; SFC and Mrs. Charles Bell and SFC and Mrs. James E. Williams. The STAR PRESIDIAN joins the NCO's of Presidio in bidding farewell to these outstanding NCO's and wishing them the best of luck in their future assignments and new homes.

The NCO's dined, sit-down buffet style, on hot roast beef, roast pork, turkey and Swedish meatballs; German Style potato salad, macaroni salad, baked beans and assorted cheeses. Entertainment was provided by Etta and the Alterations and, as a surprise, the Presidio's own Belly Dancer, Marischa.



"Take that, you Varmint." The Presidio Stars' pitcher at work during Sunday's game.

Presidio wins tourney

Bouncing back from a disappointing third place finish at Treasure Island the previous weekend, the Presidio Minor League All-Stars rolled up three straight wins in impressive fashion enroute to the tournament championship here last weekend.

Opening night saw the Stars hammer Travis Air Force Base 8-1. Saturday they put on a dress rehearsal for the finals, slipping by Fort Ord, 4-3.

Saturday rehearsal apparently did the job. The final game for the championship pitted the same two teams, Fort Ord and the Presidio at 11:00a.m. Sunday morning. Had Ord won, the tournament would have been forced into an if necessary battle that afternoon, but it was not to be.

The Presidio Stars came out swinging from the heels in the first inning. After seeing the Ft. Ord Varmints put two across the plate in the top of the first, the Stars wasted no time going to work.

Colbert led off with a single. Milstead reached first on an error, Joe Marcucci walked, Shaw singled, Carpenter added another single and by the time it was all over, the Stars owned a 4-2 lead at the end of the first.

It looked as if it might have ended that way until the Stars got it together again in the fifth inning. It was Colbert who started things off again, this time on a miscue by the Varmints shortstop. A double by Milstead, a base on balls to Joe Marcucci, another single by Batiste and another error on a hard hit ball back to the mound by Curran and the Presidio had the title sewed up. By the time the fifth inning merry-go-round ended, the Stars had crossed the platter five more times.

The Varmints fought back with single runs in the fifth and seventh innings, but it was the old story of too little, too late.

The Stars were the Champs by a 9-5 verdict.

Curran started on the mound for the Stars and received credit for the win with help from Colbert in relief.

The Major League Tourney opens tonight with a pair of games at Fort Scott.

Softball playoffs for post champs

HHD 504th held off a last inning threat by LAMC #2 to stay alive in the Post Softball Championship playoffs, downing the Medics 9-8.

Richards went the distance in picking up the victory for the MP's while Hernandez was tagged with the loss.

McCammon led the MP's sticks, picking up a pair of doubles in four trips to the plate. Dickson had a perfect 3-3 night at the plate for LAMC #2.

	R	H	E
HHD 504TH	9	9	2
LAMC #2	8	7	1

LAMC #1 advanced in the tournament, handing the Western Region Recruiting Command (WRRC) a 12-7 pasting behind the six-hit pitching of Tony Bell.

Bell also led the offensive attack, going 3-3, with Jouritsen adding a pair of two-baggers in as many AB's for LAMC.

Marks suffered the loss on the mound for WRRC.

	R	H	E
LAMC #1	12	10	2
WRRC	5	6	2

Flag football

Deadline for unit team rosters for the 1976 Flag Football season is Monday, August 16.

This year's program is expected to open the end of the month under the 1976 rules as modified for intramural play by the Presidio Sports Branch governing play.

Shoes, shirts, and flags will be issued on the field prior to each scheduled game.

Clinics for the flag season have been scheduled for 1:30p.m., August 23, 25 and 27 at the Recreation Center for all coaches, managers, and players. Points are awarded each unit attending the clinic, under the Commander's Cup program.

Bowling standings

as of Aug. 10

TEAM	W	L
LAMC	33	11
6 Reg	33	11
402d MP's	31	13
Spt Elm	28	16
864th Engr	25	19
AFPD	25	19
SFFOCID	23	21
16th BPO	20	24
504th MP	19	25
USASA	19	25
525th	19	25
51st Engr	14	30
163d	12	32
227th Med	7	37

Notes from the kegboard

Last weekend saw some fine scores in the Doubles Tourney at the Presidio Bowling Center.

Taking the first place money in the women's competition were Sharon Hannan and JoAnn Frazier with a 1204.

Doug and Mary Schuster rolled a 1264 to capture the mixed competition while Bob Bridges and Ron Ealey combined for a fine 1341 to take the Men's event.

Action will be in the singles competition this weekend.

There are still plenty of spots open on a wide selection of winter bowling league rosters.

Individuals interested in keeping it out of the gutter in sanctioned league play should check at the center for information on the availability of leagues.

Youth action in sports

Registration for the Youth Flag Football program will open Aug. 16 and run through Sept. 10.

Youngsters between the ages of 10 and 16, and who are dependents of active duty or retired military, are eligible to participate.

Registration is being accepted at the Recreation Services Division, Bldg. 122 during duty hours. A $1.00 fee will be payable at time of registration.

The Presidio Youth Baseball Association will host a picnic of the youngsters who participated in the Spring and Summer Baseball Program.

The picnic will begin at 1:00p.m., August 21 at the Pop Hicks Annex.

Officials, coaches, and league administrators are invited to attend with this year's ballplayers.

Sports council meeting

The monthly sports council meeting was conducted Tuesday afternoon at the Recreation Center.

According to Intramural Sports Director, Charlie Tubbs, "It was the biggest turnout we've had in years." A total of 13 units of the 27 in the program were present at the required monthly session.

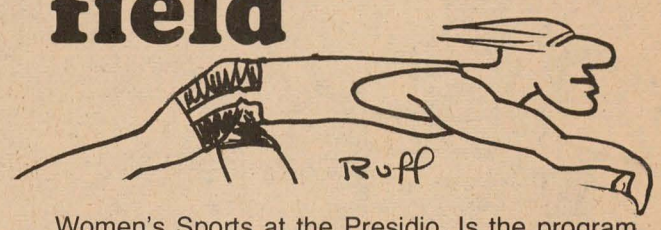
Major items discussed at the meeting were the feasibility of permitting a five-minute grace period from the starting time announced for a game until a forfeit is declared and the possibility of staging the final championship game in each team sport during duty hours.

The grace period was defeated by majority vote. A & R NCOs and Officers requested an extension until next month on the proposal to stage the final championship game during duty hours for each sport, until they had the opportunity to discuss the subject with their respective unit commanders. However, the idea appeared to have wide support of those attending the meeting.

Units represented at the August Sports Council meeting and receiving points toward the Commander's Cup were: USAG, LAIR, HHH, 504th MP's, 170th MP's, 525th MI, Ref Lab, LAMC, USASA, 402d MP's, ARR IX, 864th Engr., 51st Engr., 163d MP's, 16th BPO, and USACC.

VIEWPOINTS

Off the field



Women's Sports at the Presidio. Is the program alive and kicking or gasping for its final breath?

Depending on who you ask, you may get either answer, or anything in between.

At LAMC, it's a major part of the sports program; at U.S. Army Garrison, it is limping along. At the 504th MP Battalion, it's in hiding.

Why the stark contrast? According to 1st Lt. Sandy Colaw at LAMC, Julian Kite at Post Recreation Services and Major Carolyn Cain at the 504th MPs, it boils down to leadership. "Someone has to get it together and take the initiative to get the girls interested," says Colaw.

Sandy Colaw has provided that initiative and degree of leadership at LAMC and the program shows it.

According to Julian Kite, Garrison doesn't seem to have anyone who can really get the girls out. Noticeable confirmation of that statement came during the past softball season when for the first time in many years, the Presidio failed to enter a team in the Women's Interservice Recreation League (WIRL).

Kite went on to add that there were four or five girls interested in playing, but they were unable to field a complete team. "There just wasn't anyone to really push it," says Kite.

At the 504th, Major Cain inquired into entering a team from the 504th but was advised that Presidio was budgeted to fund only one team in the league. "The girls wanted to enter as representatives of the 504th, not as a combined Garrison and 504th team. When they couldn't do that, they lost interest," she said.

And therein lies one of the major problems in the Women's Sports Program at the Presidio. Ask the female side of the house at Fort Scott, whether it be the various units comprising the 504th Military Police or the 16th Base Post Office, what is the Presidio Post Team. Apply that question to any sport and the overwhelming opinion is—"Garrison."

This unfortunate misunderstanding of what the title "Post Team" really means has apparently been responsible for a decrease in the rate of participation in the program. The Post Team should and is intended to comprise the best athletes available from the entire installation, not just one unit.

However, the situation at the Presidio, along with many other installations, is such that if a girl does not make the Post Team there is nowhere to go. Intramural programs are for the most part non-existent.

Major Cain would like to see a three team women's league in operation here with the 504th, Garrison and LAMC fielding teams. While such an organization would certainly increase the rate of participation, and by its existence alone offer more girls a chance to participate, the wisdom of operating a league structure with only three teams is certainly subject to question.

Perhaps the ideal solution would be one that would permit each major unit on the installation the opportunity to enter the WIRL structure. This would, among other things, entail a complete restructuring of the funding requirements, a process that could literally take years.

What then?

It would appear that one of the first steps toward improving participation in the program might be for the principals concerned to sit down and discuss what the women in their units want in the way of sports and what the program can and will provide.

Perhaps paragraph 7a, Presidio Regulation 28-4, which sets forth the requirement for unit commanders to appoint qualified athletic and recreation officers and noncommissioned officers should be restructured to provide for the appointment of and inclusion in the program, of a women's athletic and recreation representative.

This would at least open the door to discussion; discussion that could, if entered into in good faith by all concerned, serve to vastly improve and refine a needed program dealing with women's sports.

Only by being willing to establish sound two-way communication, presenting the wants and needs of their individual units, and listening to the wants and needs of others in the program, will meaningful progress be made toward offering our women in the military those same opportunities for participation in the sports program that the men have enjoyed for years.

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ROTC orientation

A taste of things to come

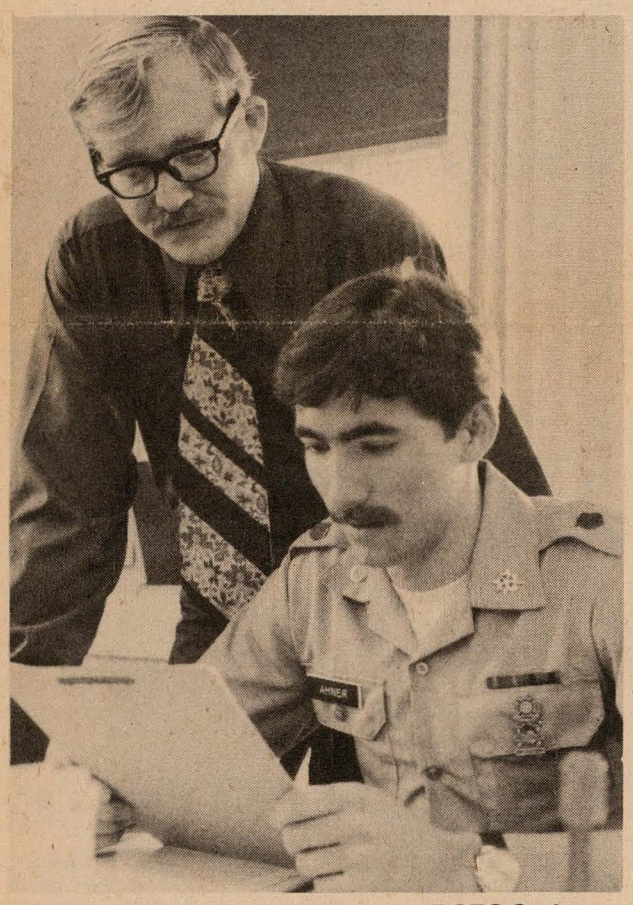
By Rebecca Sherwood

Silver pips have been seen in several areas of the Presidio for the last three weeks. Those silver pips have been attached to the collars of the ROTC (Reserve Officer Training Corps) cadets here for the Army Orientation Training Program.

Ten ROTC cadets, entering their senior year of college, were given the opportunity to spend three weeks holding junior officer positions and fulfilling the responsibilities of those positions.

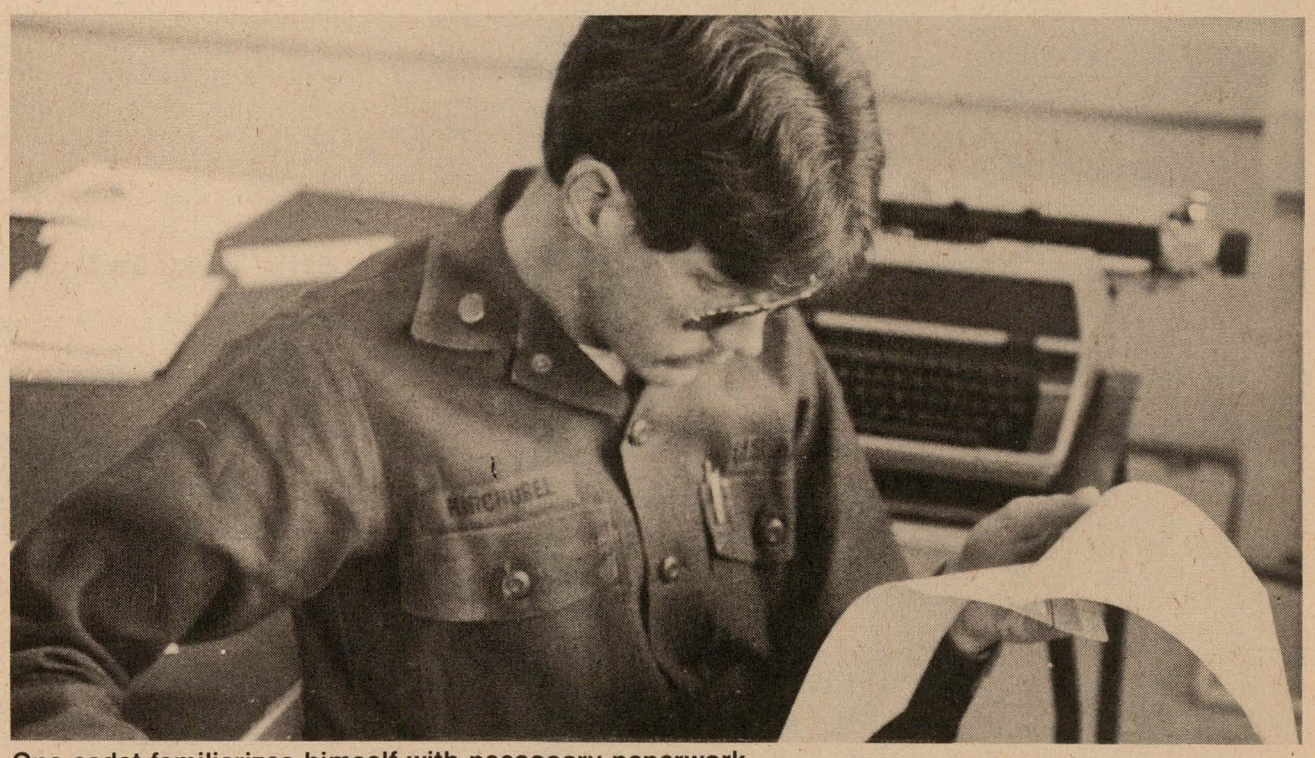
"This program provides the students with a realistic approach to both the professional and social life of a junior officer in the Army," explained Captain Thomas Mannion, Training Officer for DPTSEC. "At the end of the three weeks, the students will be rated as junior officers. This rating will be used as a training vehicle in the future.

"This program is well organized and very thorough. It not only gives the students some practical experience, but also gives them a chance to see how well they really like the active Army," added Capt. Mannion.



With an assist from his instructor, ROTC Cadet Dewayne Ahner looks over some correspondence, as part of his three-week orientation here at the Presidio.

Of the ten students on the Presidio, six of them are assigned to the 525th Military Intelligence Group, two are assigned to the 402nd Military Police and two are assigned to D. Co. 864th Engineers.



One cadet familiarizes himself with necessary paperwork.

"The students assigned here were assigned individual work sections," stated Captain Patrick Christ, Plans and Training Officer for the 525th MI Group. "The cadets were briefed in such areas as tactical intelligence, Signal Security, Air Force investigation operations and the Naval investigative service.

"As soon as they get back to school they have to submit three branches they want to go into. This has given them a chance to find out different aspects of MI and an overall indication of what the Army's like.

"They also had some social activities—planned and spontaneous. When they first got here, we had a banquet and they've had dinner at both the post commander's and the deputy post commander's houses. They've had a pretty lively time between working and socializing. They've enjoyed the city and the whole situation here," concluded Capt. Christ.

Although these are Capt. Christ's opinions, the same views were voiced at the 402nd and the 864th. The cadets also seemed pleased with the way the program was running.

"I knew I wanted to go into MI before I came here," stated Cadet Dewayne Ahner, currently working on his Master's degree in communications at U.C. Davis. "I came to get answers to some practical questions and it's been very helpful. I'd say the program was definitely worthwhile. I would've hated trying to fill out the branch I wanted without this. It's been a good rounding out."

Working at the 402nd MP detachment, Cadet Linda Mason, a Criminal Justice major at Sacramento State, said, "Before I came in, I had planned on going into the MP Corps, but this has made it a more positive decision. It's also indoctrinated me into the military and what it's really like.

"I think all people who are going into the service should have to do this, not just a select few, because it's really helped me a lot.

"I feel the men in the unit have responded well to the fact that I'm a female. I've had no problems at all. I've gotten to see white hat duty and all of the homebase operations, but I would like to see how the MP's work in the field.

"The program could be extended to six weeks, or maybe longer. But then comes the problem of working it in time-wise.

"The only problem with this is they send you back to school and I'm not ready for that. I want to stay active duty!" laughed Cadet Mason.

As an engineer major at UCLA, Cadet David Ratliff spent his three weeks working with D. Co., 864th Engineers.

"This was my first encounter with a real unit and I like what I saw. It was all new to me and I learned a lot.

"I could've used some advance information, too. I was handicapped in that I didn't know what a construction company did, or what a five-ton dump-truck looked like until I got here. If some advance information had been given, or made available, I could've familiarized myself with what was going on, and been ahead that much more," Cadet Ratliff stated.

A learning experience, an eye-opener, and an introduction to on-post Army life garnered in the three-week program gave these 'pip-wearers' a summer of fun and experiences not to be forgotten.

Women's Day forum

Presidio's Women's Day program will be held August 26 in Bldg. 135 from 9 a.m. to 3:30 p.m. There will be an Exhibit Hall, continuous training films, and two workshops, all running simultaneously:

Workshop A
9 — 9:50 a.m.
Assertiveness Training
10 — 10:50 a.m.
Preparation of 171
Maintaining Current OPF
11 — 11:45 a.m.
Assertiveness Training

Noon
Guest Panel Discussion:
Nancy L. Peterson, FWPC, HEW; Elba Montes, Women's Bur., Dept. of Labor; Capt. Frances P. Rice, JAGC; Betty Lim - Guimaraes, SF Mayor's Office.

1:30 — 2:20 p.m.
Upward Mobility
2:30 — 3:20 p.m.
Preparation of 171
Maintenance of Current OPF

Workshop B
9 — 9:50 a.m.
Women on the Way Up
10 — 10:50 a.m.
Leadership Challenges for Women
11 — 11:45 a.m.
Presentation Skills for Women
1:30 — 2:20 p.m.
Development of Career Women
2:30 — 3:20 p.m.
EEO Complaint System

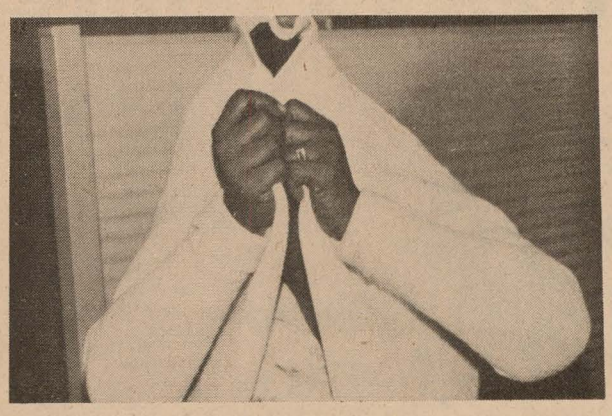
CPO Training Certificates will be available for each workshop attended.

Hot flash. . .Hot flash. . . Hot flash.

Houseboating

The Central YMCA is offering its last houseboating trip of the summer over the August 28 & 29 weekend, to be held in the Sacramento River delta. Relax in a large houseboat, enjoy the sun, water, fishing, campfire, and laziness with other adults from around The City. Food, transportation, the boat ride, and insurance provided. Cost: $37.

Peek-a-boo!



While making his rounds, our photographer was asked repeatedly, "Please, please, take my picture?" Finally, in utter desperation, our photog complied. A real extrovert, this person.

Sailing class

The San Francisco Central YMCA is offering its last sailing class of the summer over the August 27-28 weekend. The class will consist of an evening of theory on Friday, August 27, from 7-9:30 p.m. followed by a day on The Bay Saturday, August 28. Since numbers are limited, early registration is required. For further details call Central YMCA at 885-0460. Cost: $20.

Shakespeare festival

The Central YMCA is again offering a trip to the Shakespeare Festival in Ashland, Oregon, from Sept. 2-7. Tickets to 3 plays will be included, namely: Comedy of Errors; King Lear; and Much Ado About Nothing. Since numbers are limited (max. 11), early registration is a must. For more details call the Central YMCA at 885-0460.

Rec Center happenings

The Presidio Recreation Center, a community center open to all members of the military community, welcomes you to come in and use the center during your leisure time. Friday, August 20th, is **Latino y Salsa.** This is a DJ night featuring Latin music and is included into the Recreation Center program because you asked for it. You requested it, you received it—ahem! The dance is every Friday at 9p.m. On Saturday at 3 p.m. it's **Kid's Toy Swap,** a chance for the kids to get rid of their old toys and get new ones. Every Sunday we've got a **plant swap** at 3 p.m. plus free snacks later on. On Monday, August 23rd at 7:30 p.m., come **build a banana split.** You do it yourself to insure that it is done to perfection. On Thursday, August 26th, at 7:30 p.m. we are featuring **an introduction to Transcendental Meditation.** On Friday, August 27th, at 9 p.m., it's time for the **Latino y Salsa** again, only this time we'll have a band.

Veterans group life insurance

Veterans Group Life Insurance (VGLI) is a 5-year non-renewable coverage available in increments of $5,000, $10,000, $15,000, or $20,000, but not more than your SGLI coverage at the time of separation.

Active duty personnel entitled to full-time SGLI coverage can convert to VGLI within 120 days after separation from the military. With payment of the premium during that time period, VGLI begins the 121st day.

If you fail to submit the premium within the 120 days, you still have a year to apply by providing the initial premium and evidence of insurability. Your insurance coverage will begin effective the date the premium is received by the Office of Servicemen's Group Life Insurance (OSGLI).

Totally-disabled personnel with full-time SGLI coverage are allowed to purchase VGLI up to a year after separation if they are still totally disabled. You must submit proof of disability with your application and first premium. The policy will take effect:

a. At the end of the one-year period after separation, or

b. The date the disability ends (whichever is earlier but not within 120 days after separation).

Personnel with part-time SGLI coverage who become disabled or aggravate a pre-existing disability during a reservist active or inactive period can apply for VGLI within 120 days after the disability recurs or is aggravated. The coverage is effective the 121st day.

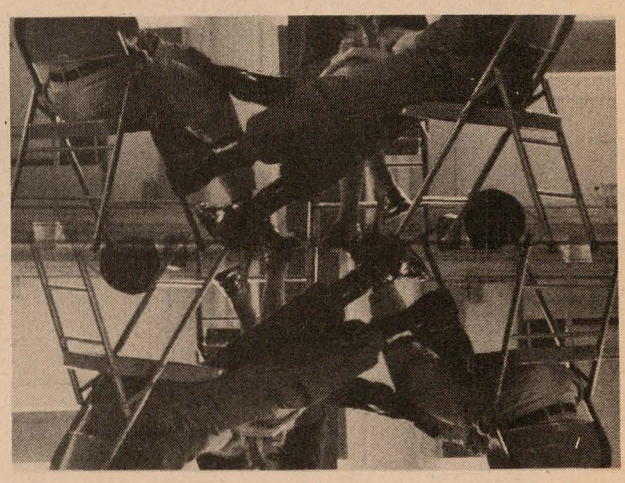
City administrator honored

A Review and Retreat Ceremony will be conducted on the parade field in front of Building 38 at the Presidio at 4 p.m., August 27th, to honor Mr. Thomas J. Mellon who is retiring as Chief Administrative Officer of the City and County of San Francisco.

Lt. Gen. Edward M. Flanagan, Jr., Commander, Sixth U.S. Army, will host the event to express appreciation to Mr. Mellon for his efforts in support of Army programs at the Presidio and his concern for the welfare of soldiers and their families.

The public is invited to attend.

What???



Shiny floors, reflections or what? Actually, it's all done with mirrors.

Ft. Point free concert

"Fifes and Drums of Old Calaveras," a Bicentennial musical group, will play tunes of the 1860's using replicas of period fifes and drums, at Fort Point National Historic Site on August 22 and September 12, 1976, at 2, 3 and 4 p.m.

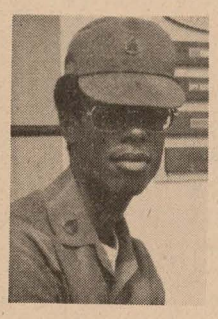
Dressed in uniforms patterned after those of California Militia of the mid-1800's, the group will perform in the main courtyard of the Fort, located beneath the South Tower of the Golden Gate Bridge. The free half hour performances will feature 1860 arrangements of "The Girl I Left Behind Me," "Yankee Doodle," and "The Battle Hymn of the Republic."

Ramblin' Sam

What do you think about the RREO program?

SGT Melvin Perreira, 864th Engrs. The program is basically good. But I must say people have, in many cases, abused it. Take somebody that is up for disciplinary action. What does he do? Why, he runs over and says that he is being picked on. The result? More than likely he gets away with the infraction, or else the punishment is so light as to be almost a laugh.





SSG Harry Burnett, 402nd MP Co. The Army has, in my opinion, been successful in eliminating the more obvious type of discrimination. It is still there, but much more subtle, more individualistic. And I don't really believe there's much the Army can do about it.

SP4 Dawn Johnston, 402nd MP Co. I believe the RREO, perhaps inadvertently, has compounded the existing problems, because it seems to focus on the more adverse aspects.





SGT Erasmo Rodrigues, 864th Engrs. While the program seems to be working all right, I see that time and again people are using the fact that they are minorities as a crutch. You know, like when somebody will say to you: "Oh, I can't do that my leg hurts." As an NCO, I am required to treat people equally, as soldiers. And I really think that just because you are a minority, the world doesn't owe you a thing.

Movies

PRESIDIO THEATRE

Friday, August 20, Trackdown (R), 7p.m.
Saturday, August 21, Jack And The Beanstalk (G), 2p.m., 7p.m.
Sunday, August 22, The Missouri Breaks (PG), 7p.m.
Monday, August 23, The Missouri Breaks (PG), 7p.m.
Tuesday, August 24, End of the Game (PG), 7p.m.
Wednesday, August 25, Death Race 2000 (R), 7p.m.
Thursday, August 26, Eat My Dust (PG), 7p.m.

SCHWARTZ/LETTERMAN

Friday, August 20, Take A Hard Ride (PG), 7p.m.
Monday, August 23, Treackdown (R), 7p.m.
Tuesday, August 24, The Reivers (PG), 7p.m.
Wednesday, August 25, The Missouri Breaks (PG), 7p.m.
Thursday, August 26, End Of The Game (PG), 7p.m.

Star Presidian

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Colonel Warren J. Lodge, commander
Major Michael J. Williams, public affairs officer
SP4 Carol Cronin, production and feature editor
SP4 Rebecca Sherwood, news editor

Ecology trail

Take a walk through the woods

By Rebecca Sherwood

As you walk, or ride, through the Presidio, stop. Look around you. You should notice at least one major difference between the post and the city which almost entirely surrounds it.

Look at the tremendous grassy areas, the towering trees, and smell the clean fresh fragrance after the lawns have been mowed. You can watch the pidgeons scuddle for bread crumbs and the mother quail herding her brood through an intersection.

These beauties of nature, as well as historical structures, have been preserved here. And soon, hopefully by September, there will be a way for you to discover these wonders: The Ecology Nature Trail.

The Trail wanders from Lover's Lane (and Liggett St.) through the wooded areas to El Polins Springs, (also known as Spanish Springs), to Inspiration Point and winds up at Mountain Lake.

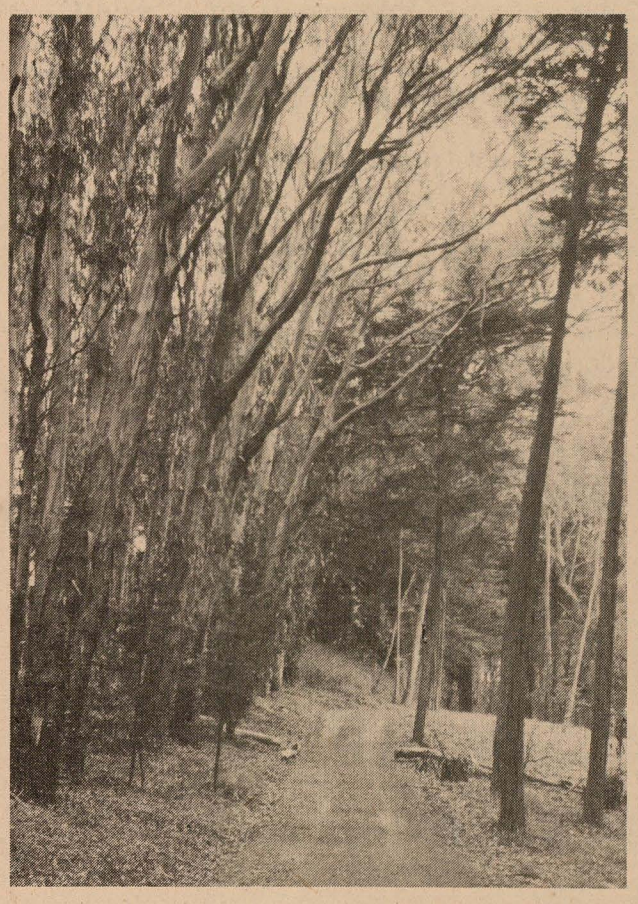
On this tour, approximately 1½ hours long, you'll be given a chance to see nature in it's glory. Everything from juicy edible blackberries to poison hemlock will be pointed out along the way. Do you know what Miner's Lettuce is, and what it looks like? Eucalyptus trees and Monterey Cypress were some of the first trees planted on the Presidio as windbreaks. Although there are not too many in this area, Giant Sequoia will be pointed out and discussed too, along with the dread Poison Oak.

Tips and legal reminders will be given regarding Presidio's and all of California's wildlife. One reminder is this: don't pick the wildflowers, like the California Poppies. This is illegal and a fine will be levied on anyone caught in the act.

On the way, you will be told about interesting aspects of the Presidio's ecology program. The recycling center, which handles tons of aluminum and paper each year, will be explained. Water, sewage, and air pollution projects will also be discussed and maps given to the tour groups will point out these other places for future reference, or other tours.

Historical aspects of the Presidio, such as the Museum and the original Presidio Wall, and what is being done to preserve them, will be topics of interest, too.

The Presidio Museum is the first American building on the Presidio and was erected in 1857. First used as a hospital, the old building has served many varied



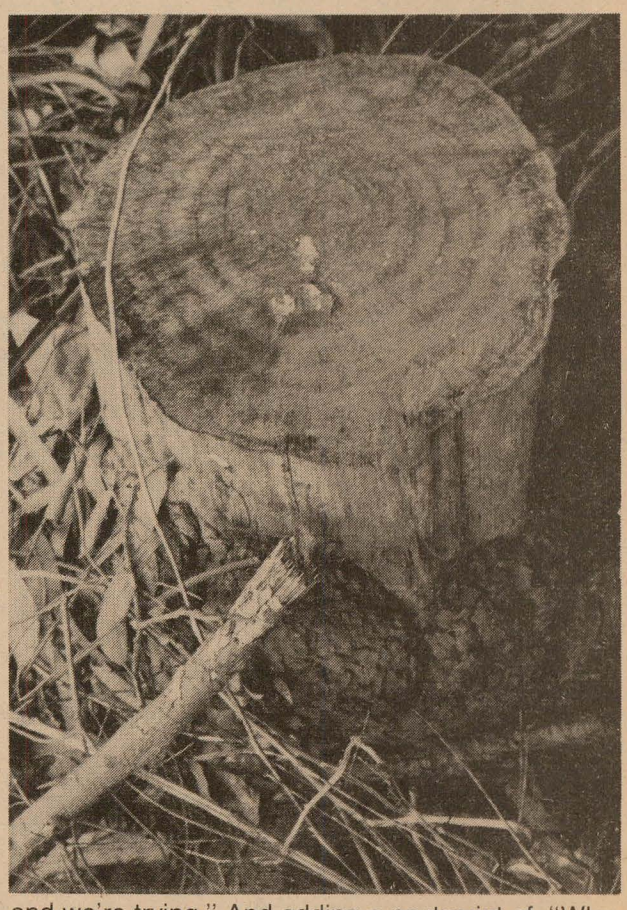
and useful purposes. Now, 119 years old, the building holds not only it's own proud heritage, but the heritage of the artifacts displayed within it's walls.

That strange looking white wall of rocks along West Pacific Avenue (next to the Presidio Golf Course is another preservation project. At one time, W. Pacific was going to be widened and the old wall town down.

But, those rocks came from far corners of the world. Story has it that when ships with no cargo came into the San Francisco Bay, they carried in their hulls these great rocks, ballast rocks, which were used to keep the ship balanced.

The road will remain the width it now is. Hopefully, forever.

The Ecology Nature Trail is the Presidio's way of telling you "Hey, we want to save our environment,



and we're trying." And adding a postscript of, "Why don't you come join us in enjoying the beauty that surrounds us?"

For further information on the Ecology Nature Trail, watch for later announcements in the SP, or call 3870.

Moving on

and making bread on the side

Soldiers willing to move their own household goods at PCS time may be doing more than saving the government a little money—they may be making a little cash as part of the bargain.

Since June 1, troops have been collecting the difference between the actual cost of their self-move and 75 per cent of what a commercial mover would have charged to haul the same goods, according to Army News Features.

Soldiers should be able to find out about how much they'll make before they depart on a move, say Army officials. The transportation officer will make an initial estimate of savings.

The Army's "move-it-yourself" incentive part of the DOD-wide program, provides for direct payments to the contractor for equipment rental plus operating expenses. These costs plus the cost of any packing materials, will be deducted from the incentives amount due to members after the move is complete.

The plan works as follows: Suppose that your household goods shipment would cost the Army $1000 to move commercially. The 75 per cent rule limits the self-move cost to $750. If the actual move ends up costing $600, you're $150 ahead.

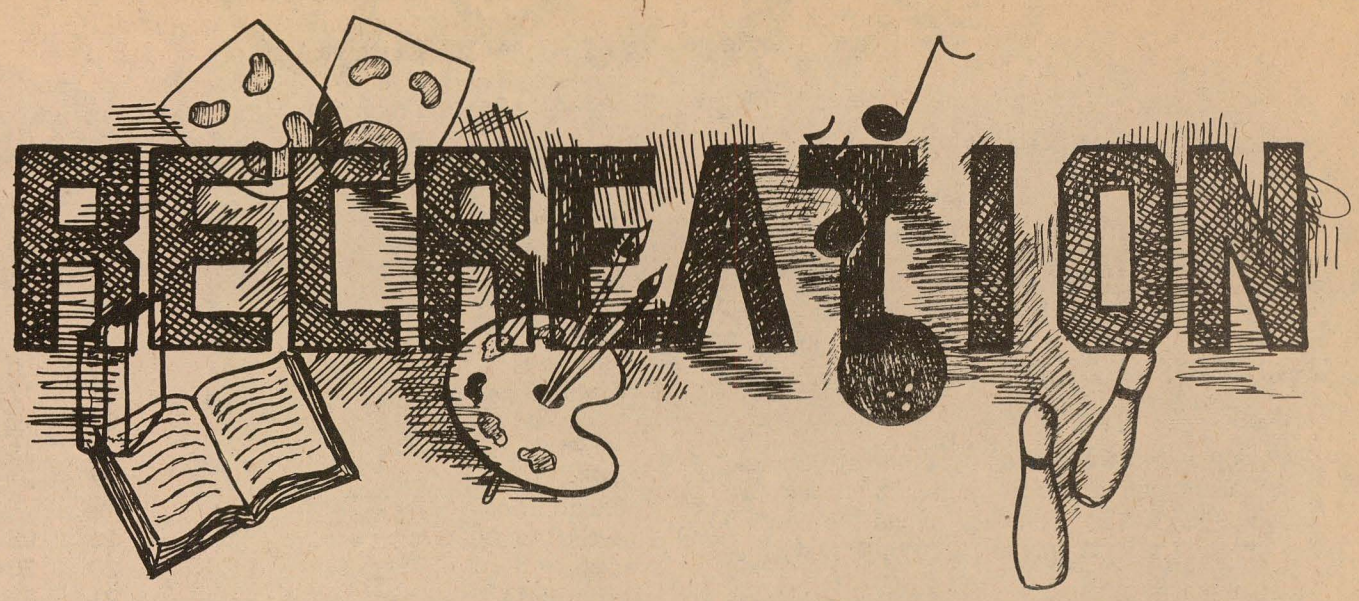
File a claim at your destination transportation office finance and accounting office when you get there.

Officials warn that the initial estimate doesn't always match weight of the shipment when it arrives. The weight will be shown on certified weight tickets obtained by the soldier at weight stations. Without these, the Army will only pay the rental vehicle invoice amount.

The program is intended to give service members the option to move on their own, voluntarily, and save the government and themselves some money.

If the move costs more than 75 per cent of what the commercial cost would have been for the same move, there is no cash payment. Army officials caution that a cost overrun will mean the soldier must pay the difference above 75 per cent to the Army. This sometimes happens when a soldier exceeds his weight allowance.

(The Bayonet)



So far, we have talked about missions that are support related. But as the saying goes, all work and no play makes for a very dull existence indeed. It also makes for a less efficient and less motivated work force.

The Presidio Recreation Services Division, RSD for short, was created precisely for this task: To provide planned and diversified activities for our military personnel and their families and so assist commanders in keeping morale up, and physical and mental fitness at its peak.

Most people still remember when Special Services meant sports, and sports only. No doubt some of the old timers would be surprised to learn that the former Special Services, now known as RSD, boasts of seven separate programs, i.e., Outdoor Recreation, Arts and Crafts, Music and Theater, Library, Dependent Youth Activities and Recreation Center and Sports. Quite a far cry from the days of old!

To give an idea of the variety of activities offered by the RSD, there is instruction in folk dance, creative writing, slimnastics, posture improvement, and even poetry.

If opera is your forte, the Ticket Information Center (which operates from 1 to 5 p.m.) gives discounts on most tickets, and sometimes even offers free tickets.

By the way, should you be interested in tickets, the number to call is 5480.

Movies, live theater and musical entertainment are the province of the Music and Theater Branch. If the smell of grease paint and the applause of an appreciative audience turn you on, you may be interested to know that all phases of it are available, from set design to choreography, to costuming and acting. There are about four plays and two musicals produced each year.

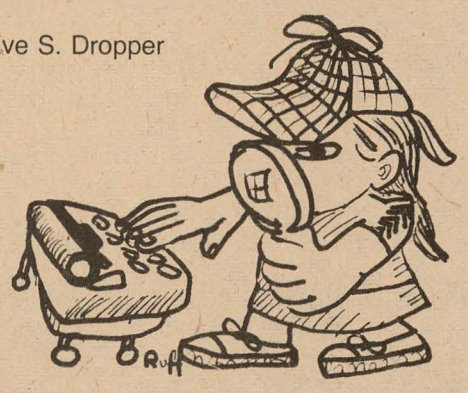
Further recreation activities include teen clubs, bowling, water skiing, scuba diving, woodworking, photography, painting, portraiture, ceramic design, weaving, jewelry making, flag football, basketball and little league baseball (have you noticed that parents are the ones who scream the loudest at the umpire?)

One change to previous regulations allows some programs to charge a small fee to cover operating costs, and also, in some instances, to help defray maintenance. No more frebbies, but still a very good bargain in these days of inflation. Another very popular activity is the Auto Craft Shop. Major and minor repairs can be tackled and there are even three expert mechanics to give you a hand should you get in over your head. And if you need tires and equipment, there are discount cards available, which offer a 30 per cent reduction on the cost. So, for those of you who haven't tried, run, don't walk, to the RSD office. Who knows, it may even be habit forming.

The secret eye

A gathering of people and events under the watchful SP typewriter

By Eve S. Dropper



It rained! I mean a real, though not very long, rain. Not mist, or fog, or smog, or goodness knows what else up there. But real raindrops! The first time in almost four months, that I know anything about ... rather enjoyed it, although I do wish it hadn't been during duty hours. It would've been a lot nicer late at night, curled up under a tin roof. Pitter-patter ...

The MP's on post seem to have had a quiet week ... pleasant change, I'm sure. The 170th is still way up north, Ft. Lewis, and the 402nd is still pulling white hat duty, so keep an eye open. I hear a couple of people were either arrested, or escorted off the post, but that's still in the rumor stage ... maybe more later.

The feller I told you about last week who was injured with the steel pot is back on duty. Heard he was all right, doing well, except for taking a lot of ribbing. But, when somethings funny, even though it hurts, people laugh ... even me!

And, for all you enthusiastic patrons of the NCO/EM club, don't forget it's closing the 26th of August. After losing a long hard fight, they're pulling in their shingle, and stealing quietly into the night. The pool table was broken anyway ...

HHD USAG got their orderly room painted. FINALLY. Really improved the looks of the place, but not the smell . . . paint smells BAD . . .

There's an odd request in the WB of Aug. 13. If any young mothers read it, please help out. There's a premature baby in intensive care in the LAMC nursery who desperately needs fresh breast milk to survive. If you can help, please do. The number to call for more information or to help is 561-2830/4991.

If ya need a ride to the Women's Day Program, Thursday, Aug. 26, 9 a.m. to 3:30 p.m., the regular shuttle bus will be running for the Ft. Baker and Ft. Scott people. Call 3448/5037 for more info.

Anybody scared of yellow jackets??? I heard, strictly rumor, that the 227th is waging a small war against a nest of the dastardly beasts. In fact, I hear one member of the unit was stung twice, and has had a morbid fear of leaving his office until they are destroyed. Gasoline didn't do the job ... wonder what'll be next? Nitric acid?? Nitro glycerine??? A fire extinguisher????

New peoples at the 864th are: (drum roll, please, and total silence) Pvt. Nolan Woodward, straight out of AIT, Ft. Leonard Wood (or is that Lost-in-the-woods?) SP4 Pascasio Rivera, and PFC Mark Fujimoto, here after his tour in Germany. Do you by any chance know where Schwetzingen is? Carol doesn't know how to get there.

The mail clerk and the unit clerk for D. Co., 864th have taken on a new duty. HAIRCUTS. I almost fell out laughing when I heard this one. There was a special inspection to check the soldiers hair. Those who had been told earlier to get it cut and hadn't, had to report to the orderly room. Oddly enough, the cuts turned out pretty well. They even had a lieutenant and the 1st sgt. **volunteer** for haircuts. UNREAL ...

SP4 Wayne Sullivan is ETSing. Heard he's going to the U. of Tennessee to finish college. Good luck Wayne. It's worth it, regardless of what you may hear contrarywise. And PFC Victor Hazelwood is off the Germany. It's almost nice that so many people from the Presidio are being transferred there. Maybe you'll run into a friend ...

The 16th BPO is still getting ready for their practice movement ... but I hear they do have some time for fun and games. You guys better behave ... (!!!) the gentler sex may not be as gentle as they look ... And SP5 Jewell Riley has ETSed. Made a dash back to civilian life ... With his leaving, we welcome SP5 Carol Slaughter, new here from Germany. Looks like we're keeping a pretty good swap going back and forth ...

Lost your specks? There's a pair over at the Ft. Scott Gym. If they're yours, stop in and pick them up at the Main Post Gym or call 4120/5032.

Another week ... but, at least it's been interesting. Heard a lot of funnies ... like, 'green is beautiful.' Take 'n take 'n keep on whatevering. I will.

SPORTS

Notes from the kegboard

In the Singles Tournament last weekend, Doris Bissey swept the women's competition with a 664 series and a 1251 in the All-Events to take home top prize money.

In the Men's action, Ron Ealy's 679 was good enough to nail down high series, and Chuck Ormand rolled a 1309 in the All-Events to cop the number one spot in that event.

Would you believe—seven out of the eleven anti-gutterballers who won prize money in the last two tournaments, are also enrolled in the pro-bowling classes each Tuesday night. That should tell somebody something.

The deadline for units wanting to enter a team in the Intramural Bowling Winter League (a commander's cup event) has been extended until August 31. The extension was given when all of you good folks out there failed to meet the original August 20 deadline.

Very few openings remain for the Winter Mixed Leagues. If you plan to bowl in any of them, you'd best get on a roster now.

There are still openings in the Men's Scratch and Men's "4-man" Handicap leagues meeting Tuesday and Monday nights respectively. Both leagues hopefully will start next month. The Scratch League requires an established average of 165 or better for eligibility, while the handicap competition is geared for people like me.

Baseball picnic

With the end of the Youth Baseball Program, the Presidio Youth Baseball Association will hold its picnic at Pop Hicks Field tomorrow, August 21st, at 1 p.m. All youths who participated in the Spring and Summer Baseball Program are invited. Umpires, coaches, managers, and League administrators are urged to attend. Certificates of participation and some awards will be presented.

Intramural bowling league standings

as of August 17
Fort Scott League

LAMC	33	15
6th Reg	33	15
Spt Elm	31	17
402d MP's	31	17
AFPD	29	19
SFFO CID	27	21
864th Engr.	Inc	
USASA	23	25
525th MI	23	25
16th BPO	21	27
504th MP's	19	29
51st Engr	Inc	
163d MP	12	36
227th Med	Inc	

Softball playoffs

In the post softball playoff's, the 864th Engineers hammered USAG 15-8 as every man on the 864th Team scored at least once in a game of previously unbeatens.

Martinez went the distance in picking up the win for the 864th while Kratzer got stuck for the loss.

Cameron led the 16-hit Engineer attack with four—count them—four doubles in five trips to the plate, with Pannel adding three singles in five AB's.

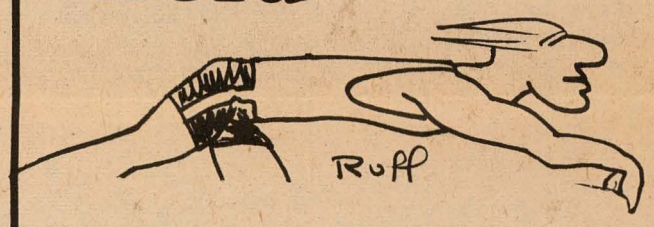
Byrd contributed a single and a double in three times at bat for Garrison.

Team	R	H	E
864th Engr.	15	16	4
USAG	8	10	2

No score on Wednesday night semi-final game. We waited patiently, but no call. HEY CHARLIE, are you still there.

VIEWPOINTS

Off the field



by Ron Renouf

Believe it folks—there's nothing to the latest rumor that the Presidio fielded a team of orphans during last weekend's youth baseball tournament. It just looked that way.

Then what happened to the parents? Good question. Apparently they were all too busy to support their sons and daughters in the single most important event of the youth baseball season.

While not necessarily supporting the viewpoint that we should form a Little League Charter here, the LL program does seem to have better luck at obtaining parental support of their program. Perhaps it's the clause in the LL Charter to the effect that a boy (or girl nowadays) may be dropped from a team if that youngster's parents refuse to assist in the program.

It was embarrassing to say the least last weekend, when more Presidio tournament officials were on hand than parents supporting the Presidio Team. For one of the games, there may have been more umpires than parents.

Yet, Travis—a team that travelled an hour plus to get here brought with them a goodly number of spectators.

What then, happened to the parents and friends of those youngsters on the Presidio All-Star team.

Was it the weather? It was cold and rainy all day Saturday. Did the parents of all of these youngsters end up having to work? Maybe but doubtfull. The more logical explanation is that far too few really cared.

It would be naive to expect every parent of every young baseballer to be an avid fan. But it would be only reasonable to expect every parent to make an honest effort to show approval and support for the activities their youngsters are engaged in.

If we are really too busy to show that approval and support by our presence, perhaps we should take a long hard look at our list of priorities.

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Star Presidian

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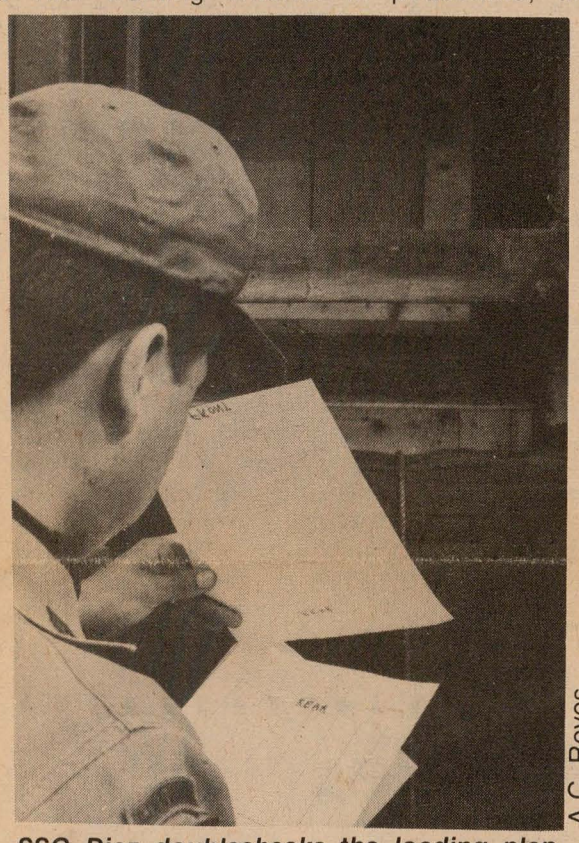
Mailmen pack it in

By Rebecca Sherwood

The jangling of the telephone wakens you at 5 a.m. Dragging your tired, sleepy body out of bed, you manage a fuzzy "hello." The staff duty NCO tells you your unit has been alerted for a movement and now you have to assemble all personnel. You have just been called out for a Deployment Exercise. We repeat, this is just an exercise.

This was how the members of the 16th Base Post Office were awakened Tuesday morning. As a STRAF reforger unit, the 16th BPO's mission is combat related—therefore they must always be prepared to move.

For the 16th BPO, with both a peacetime and wartime mission to fulfill, the practice exercise fills a vital training criteria. In peacetime, the BPO runs the post locator, operates the Ft. Baker branch of the Sausalito post office, and operates the military mail terminal.



A.C. Reyes

***SSG Diaz doublechecks the loading plan* for one of the connexes, shown already loaded, which will follow the troops to the final deployment point.**

If the U.S. were to become involved in a conflict, the 16th BPO would be alerted to move out. Overseas, they would set up at a high echelon headquarters and handle a postal operation handling APO mail, distributing it down through the troops.

The Deployment Exercise teaches the members of the unit how to make the transition from peace to wartime operations.

First came the warning order, Monday, August 16, instructing the unit to prepare for deployment. After the warning, finance had to come in and go through the unit member's pay records, making sure everything was straight. Then LAMC sent in people to immunize the troops. Personnel came up to review all of the 201 files, verifying next of kin. ACS (Army Community Services) came in to handle the moving of wives and other dependents. Finally, JAG came in to work up powers of attorney and wills for those who wanted them.

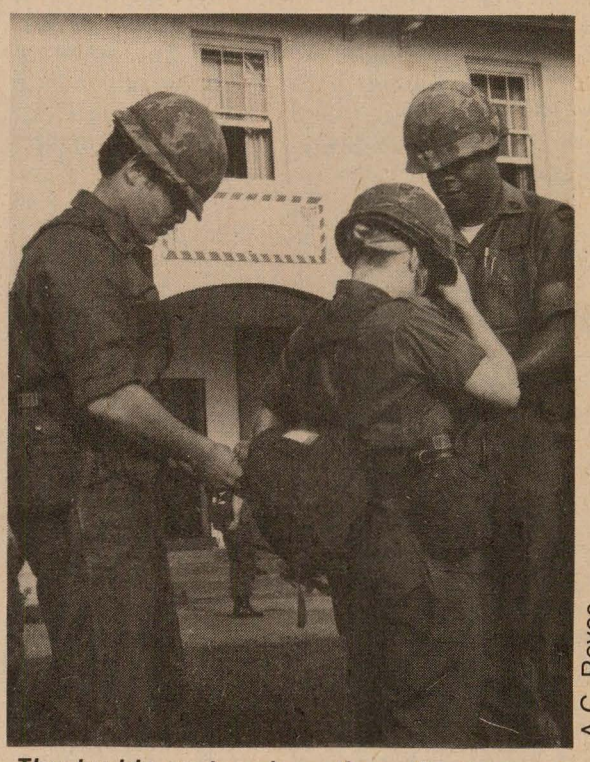
The paper work still wasn't finished. Now came requests for verification of security clearances, requests for military escorts, requests for five-day supplies of C rations, closing unit accounts, and recalling people on leave and TDY status.

Finally, the time for moving arrives. The calls have been made and the members of the unit are straggling in. Every 30 minutes a call is made to DPTSEC reporting the percentage of deployment strength ready to move. By 6:15 a.m., all members of the unit have reported in.

With the unit at 100 percent manpower, a formation, with weapons, full field gear, duffle bags and a five-day supply of personal equipment, was called. The soldiers were inspected by a team of evaluators.

After the personal inspection, the troops loaded their equipment on a bus and moved to Crissy Field, where a flatbed waited to be loaded.

As a team of soldiers loaded the personal equipment, the unit's equipment which is prepacked, was being moved from the 16th BPO Annex to the flatbed at Crissy Field. This equipment included enough materials to set up two Army Post Offices overseas.



A.C. Reyes

***The buddy system in action.* Members of the 16th BPO check one another's equipment prior to moving out.**

As the team of evaluators inspected the loaded equipment, the exercise came to an end.

"In accomplishing this Deployment Exercise, the only problem we ran into was running the exercise and accomplishing our daily duties at the same time," stated Captain Robert Root, commander of the 16th BPO. "Until Tuesday, we only had 50 percent of our people involved in preparing for the movement. The rest of the people were running the Ft. Baker post office, the post locator and taking care of our other regular duties. Outside of juggling the two, the exercise ran very smoothly.

"We did accomplish what we set out to do—that is, prove our unit's ability to move out, efficiently and in an organized manner, and show the post's ability in supporting us in this. A lot of the details involved were provided by others, such as personnel, finance JAG, etc." concluded Capt. Root.

Ceremony honors slain officers

The bodies of Major Arthur G. Bonifas and First Lieutenant Mark T. Barrett, the U.S. Army Officers killed in Korea on August 18, arrived at Travis Air Force Base, California aboard a U.S. Air Force C-141 aircraft last Saturday.

Upon arrival, military honors were rendered, with Lieutenant General Edward M. Flanagan, Jr., 6th US Army Commander, in attendance as representative for Secretary of the Army Martin P. Hoffmann.

The honor guard, color guard, and military pallbearers participating in the ceremony were drawn from the 504th MP Bn and HQ CO, USAG, Captain Marc T. Benezra, Commanding Officer of HQ CO USAG coordinated the units offering the two soldiers military honors.

After the impressive, hushed ceremony, the deceased officers were taken to the U.S. Army Mortuary at Oakland Army Base awaiting transfer to the location of their final interment.

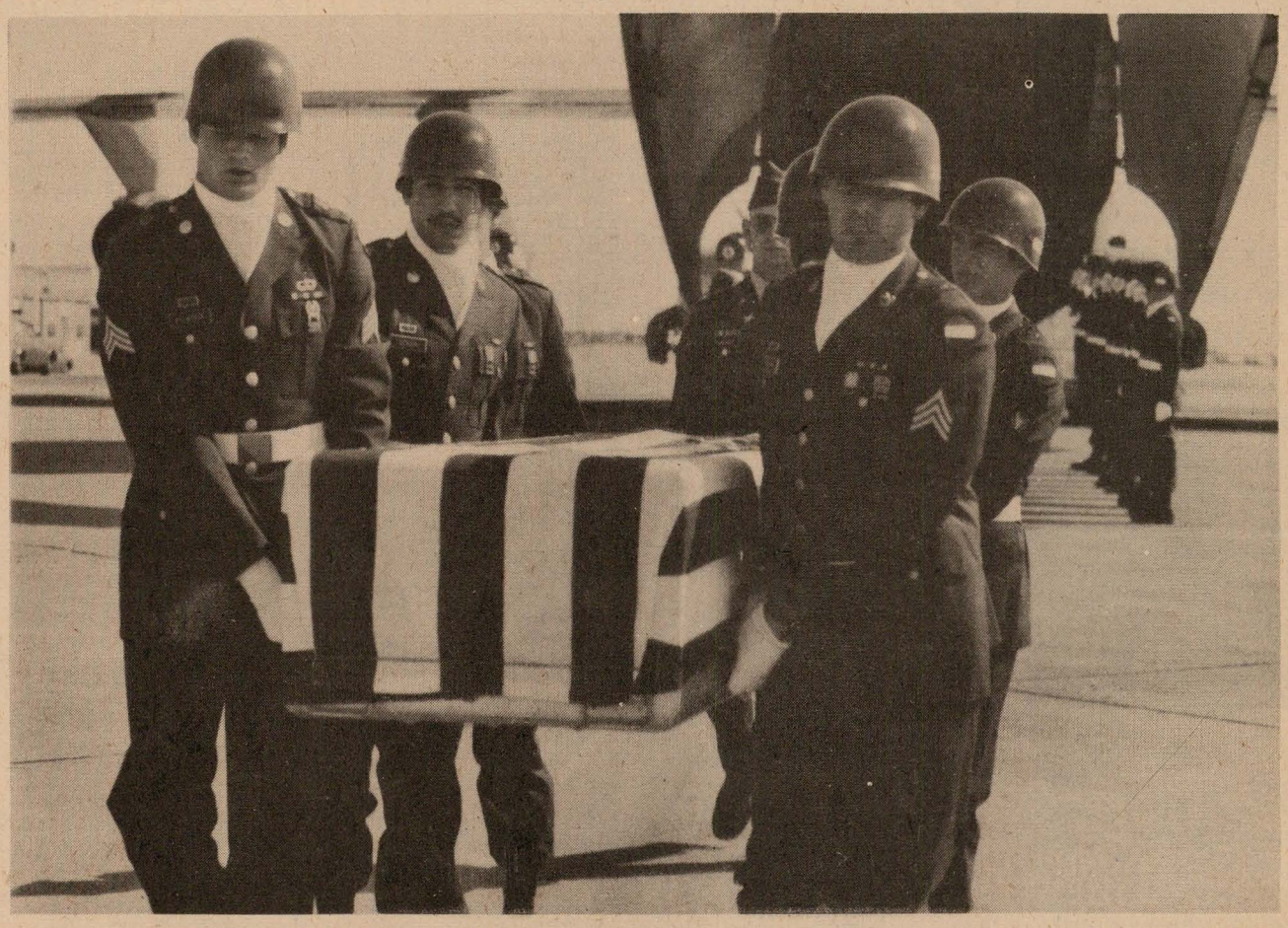


Photo by Sp4 Dennis Jackson

***Military pallbearers from the 402nd MP Co.* carry the flag draped casket containing the remains of one of the two officers killed in Korea. The ceremony took place last Saturday at Travis Air Force Base.**

Hot flash. . .Hot flash. .

Rec center activities

On Sunday, August 29, there will be a bus departing from the Recreation Center, Bldg 135, at 9 a.m. for the California State Fair. Military personnel and guests are invited. Admission to the Fair will be $2.00 for adults, free for children 12 years old and under. Stop by any time and sign up. Just a reminder; don't forget the free chess instructions on Monday nights at 7:30 p.m. On Wednesday, September 1, come dance awhile, Disco style, at 9 p.m. Thursday, September 2 7:30 p.m. they have both a Trophy and points towards the Commanders Trophy, Spade Card tournament, to give away. For more information call 2000/5420.

German headstart program

To provide military, dependent and civilian personnel assigned to Germany familiarity with the language and culture of their host country, the Fort Scott Education Center will conduct a German language and culture orientation course from September 13 to November 10. Class will be held Monday and Wednesday from 5:30-8 p.m.

Materials for the course have been developed by the Defense Language Institute and consist of eight modules or lessons, each having from three to five corresponding cassette tapes. The materials are primarily self-paced and can be used on an individual self-study basis.

The course objective is to provide students with the ability to communicate when asking directions, exchanging dollars, buying a train ticket, ordering a meal, hailing a taxi, getting a hotel room, shopping and making telephone calls. In addition, students are given a brief orientation on the history, culture, customs and political system of Germany.

For further information about the program, call or visit the Fort Scott Education Center, Bldg 1216, ext 3189/4419.

Blessing of the fishing fleet

One of San Francisco's most colorful Old World rituals will be repeated on Sunday, October 3 for the 41st sussessive year, according to the San Francisco Convention and Visitors Bureau.

The first Sunday in October is the traditional date for the blessing of the city's fishing fleet and the occasion when San Franciscans of Sicilian descent pay special tribute to Maria del Lume, revered as the Patroness of fishermen.

At Fisherman's Wharf, Reverend Joseph Costanzo, pastor of SS Peter and Paul's, will sprinkle holy water on the fishing boats and pray to Our Lady for abundance and protection.

Presumably, the sun will shine, as usual, on the thousands who customarily throng to the Wharf to witness this annual spectacle. San Francisco's "pescatori" claim that it nevers rains on this day of feast.

A program of singing and recitations will be presented immediately following the fleet blessing on a platform erected alongside the bayfront in Jefferson's 200 block.

Toy Exposition

The Great San Francisco Toy Exposition will be held September 10, 11 and 12 at the Cow Palace. This will be the first time consumers have ever met with manufacturers and retailers on this large a scale to see toys for everyone — adults and kids!

There will be every kind of toy imaginable: from dolls and frisbees to waterbeds, stereo equipment and CB radios. Marine World/Africa USA will have animal shows; there will be continuous showings of movies for kids; the centerpiece will be a 45' hot air balloon; and the Magic Carpet players will perform original plays for children.

There will also be thousands of dollars worth of prizes given away, including an airplane, a waterbed, free tickets to Marine World/Africa USA, and a $100 champagne balloon ride.

Half price adult ticket coupons are available at the information/tour/travel desk in the Presidio recreation center.

You can help

Do you like to work with young people? The Marina Jr. High School, 3500 Fillmore St., San Francisco, is in need of volunteers, military and civilian, to assist classroom teachers with various projects in and out of the classroom. People are needed in such areas as classroom work, field trip activities, competitive sporting events and much, much more. This is an excellent chance to make a positive contribution and really get involved with the local community. The program starts with the beginning of the new school year. For additional information about the volunteer program, contact Mr. James Pravettoni or Mrs. Sue Coffel at 921-3285.

Women's club coffees

The Presidio Officer's Club will provide the setting for the Letterman and Presidio Women's Club's welcoming and membership coffees. Both are to be held in early September. Similar activities will be offered by both clubs throughout the year, and will include various courses, such as piano, horseback riding, yoga, painting, tennis, swimming, macrame, cooking, plus many more.

The Presidio Women's Club will meet on Thursday, September 2 at 10 a.m., and the Letterman Women's Club on Thursday, September 9 at 10 a.m., both at the Officer's Club. Booths will be set up to answer questions concerning the clubs' activities, as well as provide a warm welcome to prior members and new officers' families on post. The Letterman Club requests a reservation: (Marin, Beverly Chojnacki, 453-6737; San Francisco, Beverly Carpenter, 561-2614).

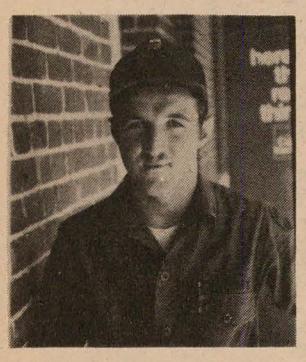
Creations Unlimited

Creations Unlimited is holding an Open House on Tuesday, August 31 from 10 a.m. to 6 p.m. The boutique, gift shop, and art gallery, an extension of the Thrift Shop, is located in Bldg 911. The public is cordially invited.

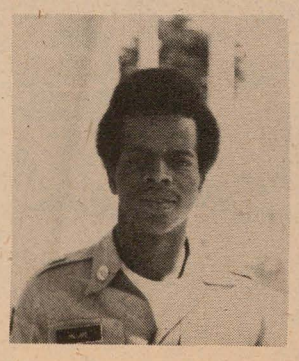
Ramblin' Sam



If a friend asks for your advice about joining the Army, what would you tell him/her?



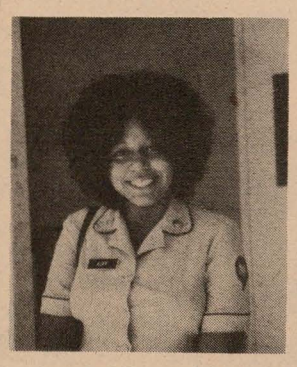
PFC Neal Nutter, Hqs Co Garrison. I would advise him to come in. I mean, you get three meals a day, you get a place to stay, and a chance for advancement and bettering yourself.



SP4 Clayborne Hillard, Army Security Agency. I'd tell him not to do it. It's no good. The benefits are being chopped down. It's a whole lot of hassles.

SP5 Francis Baker, US Army Health Clinic, Oakland. I'd say it'd be great! The education benefits and the chances for travel are only limited by your own initiative. And if you come from a small town like myself, you can't help but enjoy the experience.





SP5 Janet Ruff, Hqs Co Garrison. Well, if they are thinking about coming in, I'd tell them they may come across a lot of things they don't like. Taking orders, for example. You'd be surprised at the number of people who can't take that. You also come across a lot of politics, especially here at the Presidio.

SP5 Tae S. Dugan, JAG. I would say that he (or she) should get all the education possible before coming in, and then come in as an officer. I realize that some young people don't have the means to get an education, but I would advise them by all means, to try and come in as an officer.



Movies

PRESIDIO THEATRE

Friday, August 27, Eat My Dust (PG), 7 p.m.
Saturday, August 28, Treasure Island (G) and Dr. Syn, Alias "The Scarecrow" (G), 2 p.m. and 7 p.m.
Sunday, August 29, The Stranger And The Gunfighter (PG), 7 p.m.
Monday, August 30, The Stranger And The Gunfighter (PG), 7 p.m.
Tuesday, August 31, The Premonition (PG), 7 p.m.
Wednesday, September 1, Dr. Black Mr. Hyde (R), 7 p.m.
Thursday, September 2, W.C. Fields And Me (PG), 7 p.m.

SCHWARTZ/LETTERMAN

Friday, August 27, Death Race 2000 (R), 7 p.m.
Monday, August 30, Eat My Dust (PG), 7 p.m.
Tuesday, August 31, Sidecar Racers (PG), 7 p.m.
Wednesday, September 1, The Stranger And The Gunfighter (PG), 7 p.m.
Thursday, September 2, The Premonition (PG), 7 p.m.

Star Presidian

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Colonel Warren J. Lodge, commander
Major Michael J. Williams, public affairs officer
SP4 Carol Cronin, production and feature editor
SP4 Rebecca Sherwood, news editor

School buses are rolling again

Addresses for San Francisco schools

Hancock Grammar
940 Filbert Street
Phone 441-7330

Yerba Buena
2110 Greenwich Street
Phone 931-7137

Raphael Weill
1501 O'Farrel Street
Phone 922-0757

Francisco Junior
2190 Powell Street
Phone 392-8220

Galileo High
1150 Francisco Street
Phone 771-3150

John Swett Grammar
727 Golden Gate Avenue
Phone 863-6474

Sherman
1651 Union Street
Phone 776-5500

Lafayette
4545 Anza
Phone 387-3322

Marina Junior
3500 Fillmore Street
Phone 921-3285

Washington High
600 - 32nd Avenue
Phone 387-0550

Pacific Heights Grammar
2340 Jackson Street
Phone 931-1910

Alamo
250 - 23rd Avenue
Phone 752-8244

Rooftop School
2340 Jackson Street
Phone 346-7667

Roosevelt Junior
450 - 30th Avenue
Phone 386-1600

Lowell High
1101 Eucalyptus Drive
Phone 566-7900

Assignments and addresses

For: Presidio and Ft. Mason

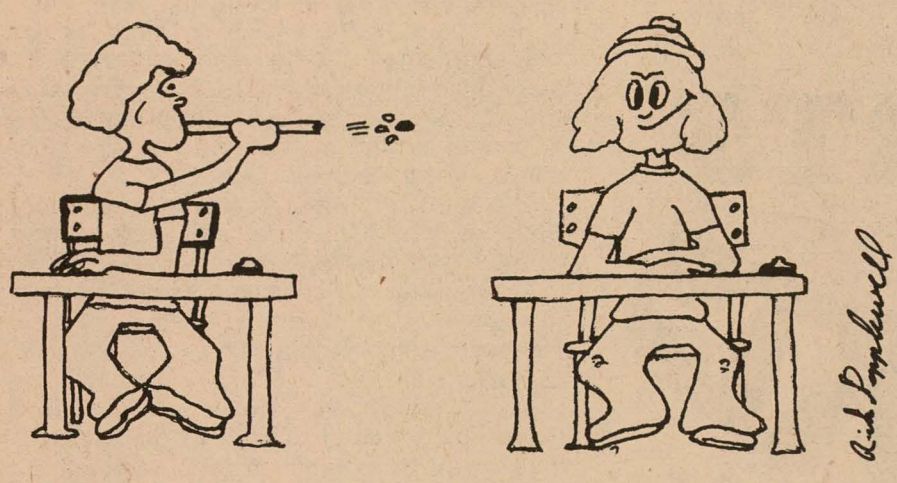
Quarter block	Primary (Kindergarten-3d)	Intermediate (4 - 6)	Junior high (7 - 9)	Senior high (10 - 12)
Ft. Mason	Yerba Buena/Sherman	Sherman	Marina	Galileo
000-099	Hancock	R. Weill	Roosevelt	Washington
100-199	Hancock	R. Weill	Roosevelt	Washington
300-399	Hancock	R. Weill	Roosevelt	Washington
400-499	Hancock	R. Weill	Roosevelt	Washington
500-599	Hancock	R. Weill	Francisco/Marina	Galileo
700-799	Hancock	R. Weill	Francisco/Marina	Galileo
800-899	Hancock	R. Weill	Francisco/Marina	Galileo
900-999	John Swett	R. Weill	Roosevelt	Washington
1000-1099	Hancock	R. Weill	Francisco/Marina	Galileo
1200-1299	John Swett	R. Weill	Roosevelt	Washington
1300-1399	John Swett	R. Weill	Roosevelt	Washington
1400-1499	John Swett	R. Weill	Roosevelt	Washington
1700-1713	Alamo	Lafayette	Roosevelt	Washington

For: Presidio Park Apartments

Quarter numbers	K - 3	4 - 6	7 - 9	10 - 12
1501-1515, 1517, 1519, 1521, 1525, 1529, 1533, 1535, 1537, 1543, 1545, 1583, 1585, 1587, 1589, 1591, 1593, 1595	Alamo	Lafayette	Roosevelt	Washington
Quarter numbers 1516, 1518, 1520, 1524, 1526, 1530, 1532, 1536, 1540, 1542, 1544, 1546, 1549, 1550, 1552, 1553, 1556-1563, 1565-1582, 1584, 1586, 1588-1590, 1592, 1594, 1596, 1598	Pac Hts	Lafayette	Roosevelt	Washington

For: Forts Baker and Barry

Kindergarten-3rd grade	Grades 4 through 8	Grades 9 through 12
Bayside Elementary	Martin Luther King	Tamalpais High School
630 Nevada Street	Ebb Tide	Miller Ave. & Camino Alto
Sausalito	Sausalito	Mill Valley
Phone 332-1024	Phone 332-1474	Phone 388-3292



Bus schedules

Raphael Weill School is for grades four through six. Classes are scheduled to begin at 9:15 a.m. and dismiss at 3:15 p.m.

Pick-up point	Approx. time	Bus no.	Return Bus no.
407 Washington	8:35	314	222
116 Sheridan		314	222
333 Infantry Terrace		314	222
Funston & Presidio		314	222
856 MacArthur		314	222
1407 Washington	8:40	313	218
1310 Kobbe		313	218
Battery Wagner & Battery Howe		313	218
955 Hoffman		313	218
Lincoln & Armistead		313	218
Bldg. No. 654		313	218
759 Portola		313	
715 Liggett		313	218

Alamo School is for grades Kindergarten through third. Classes are scheduled to begin at 8:55 a.m. and dismiss at 2:35 p.m.

Pick-up point	Approx. time	Bus no.	Return Bus no.
1514 Pershing Drive Brooks & Baker	8:15	310	614

PM Kindergarten classes - starting time 11:35 a.m.

1514 Pershing Brooks & Baker	11:10	502	614

Hancock Grammar School is for grades Kindergarten through third. Classes are scheduled to begin at 8:55 a.m. and dismiss at 2:35 p.m.

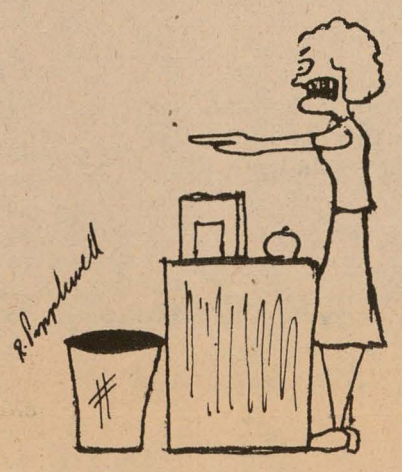
Pick-up point	Approx. Time	Bus no.	Return Bus no.
759 Portola	8:00	502	502
715 Liggett		502	502
955 Hoffman	8:00	601	509
856 MacArthur		601	509
Red Zone at Funston	8:00	503	602
Bldg. 116 Sheridan		503	602
333 Infantry Terrace		503	602
407 Washington		503	602
LAMC - Bldg. 1104		503	602

AM Kindergarten return bus leaves Hancock Grammar School approximately 11:35 a.m. - Bus no. 413

856 MacArthur
759 Portola
715 Liggett
Presidio & Funston
116 Sheridan
333 Infantry Terrace
407 Washington

PM Kindergarten classes - starting time 11:35 a.m.

856 MacArthur	11:00	413	509
759 Portola		413	502
715 Liggett		413	502
Presidio & Funston		413	602
116 Sheridan		413	602
333 Infantry Terrace		413	602
407 Washington		413	602



John Swett Grammar School is for grades Kindergarten through third. Classes are scheduled to begin at 9:35 a.m. and dismiss at 3:15 p.m.

1407 Washington	8:45	618	203
1310 Kobbe		618	203
Battery Wagner & Battery Howe		618	203
955 Hoffman		618	203
Lincoln & Armistead		618	203

AM Kindergarten return bus leaves John Swett School approximately 12:15 - Bus no. 613

1407 Washington
1310 Kobbe
Battery Wagner & Battery Howe
955 Hoffman
Lincoln & Armistead

Lafayette School is for grades four through six for dependents residing in 1500 and 1700 blocks. Classes are scheduled to begin at 7:55 a.m. and dismiss at 2 p.m.

1575 Pershing Drive 1531 Pershing Drive 1514 Pershing Drive Brooks & Baker	7:20	311	311

Pacific Heights School is for grades Kindergarten through third. Classes are scheduled to begin at 8:55 a.m. and dismiss at 2:35 p.m.

1575 Pershing Drive 1569 Pershing Drive 1557 Pershing Drive 1526 Pershing Drive	8:00	309	314

AM Kindergarten return bus leaves Pacific Heights School approximately 11:40 - Bus no. 204

1575 Pershing
1571 Pershing
1561 Pershing
1550 Pershing
1549 Pershing
1520 Pershing
1526 Pershing

PM Kindergarten classes - starting time 11:35

1575 Pershing 1571 Pershing Drive 1561 Pershing Drive 1550 Pershing Drive 1549 Pershing Drive 1520 Pershing Drive 1526 Pershing Drive	10:55	204	314

Editor's Note: Next week the ***Star Presidian*** will publish the military school bus schedule.

The secret eye

A gathering of people and events under the watchful SP typewriter

By Eve S. Dropper

The weather this week has been absolutely beautiful!!!, Somebody must be living right, though I don't know who it could possibly be ... I just hope the weather stays pretty through the weekend.

YAY! D Co. 864th Engineers. I hear you beat Letterman and took the championship. Way to go, guys ... Course, I also heard you'll be participating in a couple of parades. Good training ... and ya know I'm glad it ain't me!!! I still haven't figured out why you are building a castle in front of your HQ building, but it's coming along beautifully. And you guys are doing great tearing buildings down, too, and carrying the rubbish off ... Welcome back SP4 John Johnson. Personally, I do think the Presidio has to be a much nicer place than Korea, but then I've never been to Korea, ... knock on wood ... And we're saying goodbye to SP5 Raudal S. Benavides, who'll be off to ITALY ... I do hope green is beautiful, cause that's about the shade I am with envy ... enjoy.

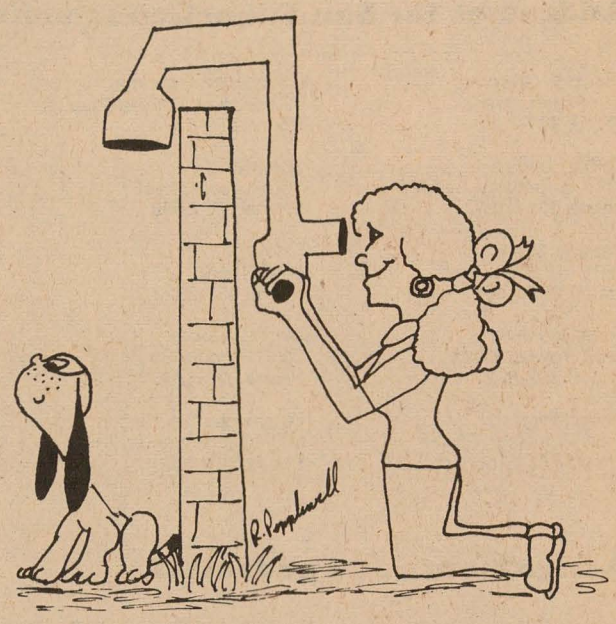
504th HHD got a new sergeant in from Germany. AND he made E-8 this week. So, I send my warm welcome and big congrats to Washington Lewis ...

The 402nd is still on white hat duty ... repeated warnings are boring, I know, so I shan't tell ya to keep a look-out again ... You might think that with the 170th up at Ft. Lewis all would be relatively quiet on that front. WRONG. They've gotten in a whole group of new people. SSgt. Michael Griffiths came from Germany; Sgt. Larry Barkow, also from Germany; SP4 Michael Brown, from Round Up, Montana. (Can you believe there's really such a place???) SP4 Gary Jackson, from MP school at Ft. McClellan (Oh, how I remember good ole Ft. Mac ... UGH!!!) PFC Bobby Lee Elliot, AIT at Ft. Campbell; Pvt. Victor Anes, AIT at Ft. Sill; and Pvt. James Duncan, AIT at Ft. Lee. Hi, guys ...

Now, not only has the 170th gotten in a whole group of new people, but they also had SP4 Joseph Jackson reup. And Sgt. Richard Johns became a daddy ...

Five of Presidio's young people participated in a Skate-A-Thon—24 hours of it. Dewania Sanders, 14, Linda Sanders, 15, Cecelia Sanders, 17, Jimmy Shaw, 10 and Laurie Carr, 16, all got their own sponsors for the endurance contest and the five of them raised $701.80 for the Jerry Lewis Muscular Dystrophy Association. Dewania, Linda, and Jimmy skated the full 24 hours, while the other two children made it through 12. That's really fantastic, gang. A worthy cause and an admirable showing. We're proud of you.

Headquarters USAG is having a party ... in the dayroom tonight. There'll be soft drinks, snacks and beer, so carry yourself on down. Doors open at 5 p.m. and will stay open till 1 a.m. The hours during the rest of the week are; 5-11 p.m. Wednesdays and Thursdays; 5 p.m.-1 a.m. Saturdays; and 1-11 on Sundays. Sounds like a good way to socialize ... expecially since the club's closing.



Another week, and it's time to start snooping all over again ... enjoy the weekend, and remember that some day, somewhere, somebody may be listening ... Take 'n take 'n keep on whatevering. I will.

Flag football

Flag Football will start September 8. There will be 13 teams, divided into two leagues. The teams are warming up now, so start practicing your cheering.

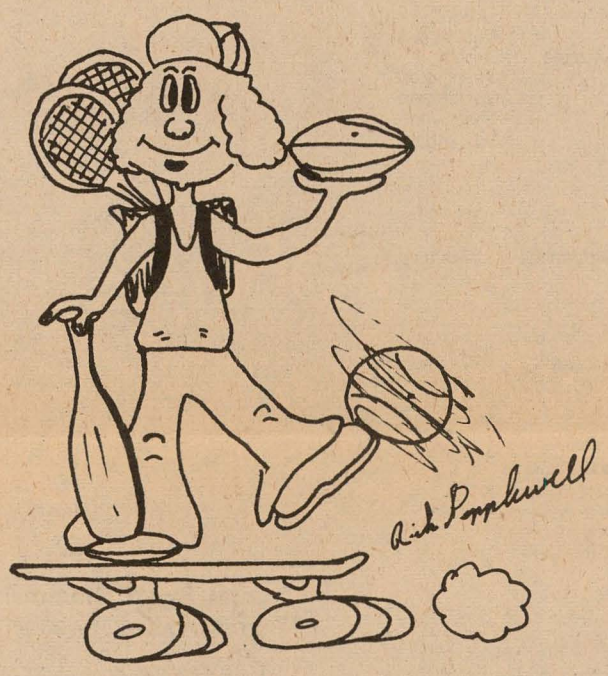
Intramural bowling league standings

Ft. Scott League

LAMC	37	15
6th Rgn	36½	15½
402d MP's	34	15
864th Engr	32	20
Spt Elm	31½	20½
AFPD	30	22
SFFO CID	28	24
USASA	26	26
525th MI	24	28
16th BPO	22	30
51st Engr	22	30
504th MP's	9	33
163d MP's	12	40
227th Med Det	10	42

Racketball tourney

The Post Racketball Tourney is underway. No final results are in yet, but the outstanding favorites are: Bill Marshall, Monte Mingus, Peter Lehnecke, Perry McGinnis, Bill Carey, and Arthur Foshey. Watch for final results.



SPORTS SHORTS

Off the field

by Ron Renouf **Editorial**

The Youth Major League Baseball Tournament, hosted by the Presidio two weeks ago, had more than its share of problems.

Aside from the near total lack of support by parents of the the ball players from the Presidio (see last weeks column) the rain played havoc with the field.

Six members of the tournament staff turned in a truly professional job, doubling up as grounds keepers. Those six were: Rich Dennis, Chase Gregory, Dave Ridley, Tom Howeter, Pete Ramsberger and Paul Giese.

During the games played that Saturday—games played between showers—these six men were moving at a dead run filling in mud holes, moving loads of sand to the home plate and infield skin areas and getting them raked out.

Not only was the back breaking work required between games, but between innings—a situation that added immeasurably to the problems. Speed was of the essence during these periods to keep the game moving as rapidly as possible under as safe a conditions as possible.

The all-night rain the Presidio received that Saturday turned the field into another quagmire as the final game approached.

Again these six dedicated volunteers from the tournament staff, were able to put Pop Hicks Field into, if not top condition, certainly more than adequate condition.

It is through the efforts of men such as these—men willing to give of themselves, take time away from families, and work up a plain old-fashioned sweat, that any community program succeeds.



A.C. Reyes

After walking off with the Post Slow Pitch Softball **championship game Tuesday night at Ft. Scott Field No. 1 with a 9-5 victory over LAMC, D Co. 864th Engineers gathers together for a grin-filled team photo.**



Third baseman Ronnie (Chocolit Chip) Pannall **demonstrates the batting skill which netted the 864th the championship.**

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Star Presidian

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Cope:
With a little help from ADAP



By A.C. Reyes

Ask anyone about alcohol and chances are that you'll get opinions that go all the way from "alcohol is poison" to "alcohol and a good time go hand-in-hand."

Be that as it may, the fact remains that the statistics are alarming. The drinking pattern of our young people is clear: They are drinking more, and at earlier ages. They get intoxicated (dead drunk) more often, and in situations that lead to tragedy.

Alcoholism in the services is not really new, but only lately has attention been focused on it. The Army's concern about alcoholism, and drug addiction, led directly to the Alcohol and Drug Abuse Program (ADAP).

What exactly is ADAP? The title is straight forward enough, but more Presidians have only a vague idea of the program, or worse yet, have a totally wrong conception.

ADAP is a relatively new concept, having been around only a few years. The offices are located in building 276. The first thing you notice when entering them is the walls; covered with bold, modernistic swirls in the primary colors, and a huge orangish sun, No O.D. here! Carpeted floors, the smell of freshly brewed coffee and the cheerful, quietly competent staff all combine to make the visitor feel at ease.

"We exist as an activity that provides a service; a service to the commander. We provide for the health, well-being and morale of his men." So stated one of the ADAP counselors. (Note: Names will be avoided to maintain confidentiality).

"Okay, so you are here to provide a service. But how do you get your patients here in the first place," I asked?

"We don't refer to them as patients, rather, we like to call them clients. The normal pattern runs something like this. Usually they are referred to us by the commander, or perhaps they are picked up in the M.P. blotter. Some come on their own. But however they finally get up here, these clients need help.

"Basically what we try to do is give the alcoholic or addict a chance to go back to his unit as a productive member. We provide counseling services in addition to referral services."

"Is there a stigma attached to visiting the ADAP center?"

"To my way of thinking, there shouldn't be any more stigma attached to coming here than a man going to the hospital for sick call, or going to Army Community Services. Confidentiality is stressed, and we try to do everything in our power to make sure that this confidentiality stays intact. This is one of the points of the program that I can't stress enough.

"Once admitted to the program, our client is seen on a regular basis, by one of our counselors. He encourages the client to talk, to let it all hang out, so to speak. We try to help him get a grip on reality, by letting him, or making him see that his dependency on either drugs or alcohol is creating distorted views of reality. Then we suggest or present viable alternatives.

"Ultimately, if he responds encouragingly to the counseling sessions, he goes back to his unit as a fully productive member.

"On the other hand, he may need further treatment. That's where our referral services comes in. We try to match the services to the client. We may suggest to the commander that perhaps Letterman Hospital is to be indicated. Or even, in the case of civilians, an outside agency.

"All things being equal, alcohol and drug abuse could probably be more effectively prevented if people could learn to cope with their own lives, their own problems and uncertainties, and all the human frailties that we are so prone to and which some people seem to be able to handle better than others. Hopefully, the ones who can't, will be referred to us. That's what ADAP is all about."

Workshop tackles obstacles

"Men should not have to bear the full burden of defending our country," stated Captain Frances Rice, UAGC, former Human Relations Officer and current law school student, during the panel discussion at the 4th Presidio Women's Day program.

"In the past there have been women in combat, for example, Molly Pitcher (Mary Hayes), Nancy Hart, and Harriot Tupland.

"John McLain, author of **Women in Battle,** says women's contributions are left out because most historians are male.

"Policy and national perception assume that women lack the ability to act in combat. But, there are several areas of misconception. In regards to women lacking physical strength, women have about 60 percent of the strength of men, but enough for combat. If a woman can carry a nine pound baby around all day, why not a nine pound rifle? The second misconception is loss of feminity in females who train. Women's muscles do not become overdeveloped, or bulge, from training. Third, pregnancy is incapacitating. Pregnant women can be evacuated along with the sick or injured soldiers. Micconception number four is sex in the fox hole. Men and women can be in close quarters without having sex. The fifth misconception is that men will take unnecessary risks to protect the women. This will not happen if the men and women are trained together so the men can recognize the women's capabilities.

"Training for women should start now. The right to fight for one's country should be a personal privilege, not a matter of which sex you are," concluded Capt. Rice.

The Federal Women's Program was established in 1967. "Even at this early date the government recognized the need for such a program," stated Nancy Peterson, Federal Women's Program coordinator and speaker for the Women's Day panel discussion. "Now there is a need for specific action programs and increased sophistication. There are three points of change that must be brought together: 1) internal programs (Federal Women's Program, Equal Employment Opportunity) 2) external pressure (independent of management) and 3) community influences. We're looking for a more coordinated approach in the future."

"Women are considered second class citizens in the Federal work force," stated Maria Fort, President of the San Francisco chapter of Federally Employed Women, and speaker for the Women's Day panel discussion. "A recent survey showed that women receive less training and fewer awards than do men. There is no one way to deal with these problems, but there are some suggested steps: 1) Look at yourself. Evaluate your liabilities and assets. 2) Set goals. 3) Ask yourself if it's possible to achieve your goals in your current environment. 4) Identify your obstacles in reaching your goals. 5) Attempt to combat the obstacles and achieve your maximum potential.

"The program for Federally Employed Women (FEW) is now seven years old, has 7,000 members and 140 chapters. Our goal is to build a better bridge between Federal managers and women's groups," concluded Ms. Fort.

The panel discussion was one of several programs offered for the 4th Annual Women's Day. Workshops, films, and exhibits were also offered to the 200 people attending.

Hot flash. . . Hot flash

Rifle club

Registration of new members for Presidio Junior Rifle Club will be held Friday, Sept. 10, '76, at 6:30 p.m. Registration will be at Presidio Rifle Club (Indoor Range) Bldg. 1369, Fort Scott. First basic marksmanship class is scheduled for Friday, Sept. 24, 1976. Membership is limited to male and female military dependents, aged 10 - 19, who will be instructed and achieve various stages of qualification under NRA Rules. Applicants for membership who have qualified under NRA Rules at other installations will be granted membership at the level previously achieved. The attendance of parents at range practice, either as spectators or coaches, is invited.

Rec Center happenings

Along with the majority of folks at the Presidio of San Frnacisco, the Presidio Recreation Center regrets the closing of the NCO/Enlisted Club. However, they want to assure everyone that though the Recreation Center was co-located in the same building (135) with the NCO/Enlisted Club, they are not closed. Your Presidio Recreation Center is open weekdays from 5 until 10 p.m. They open at 2 p.m. on Saturdays, Sundays and holidays. The ITT (Information, Tour and Travel) section is open 1 thru 5 p.m., Monday thru Friday.

The Recreation Center is about to take possession of a giant screen TV and hope to have it operational in time for the Fall sports programs. In the meantime, beginning on Monday, September 6th, at 4 p.m. they are having a Labor Day Party. At 7:30 p.m. on the same day, free Chess lessons will be offered. On Wednesday, September 8th, at 9 p.m. it's Webb's DJ Dance, with the very best in "Soul." On Friday the 10th, at 10 p.m. they are having a Coffee House, featuring folk singer Debbie Rich at the guitar.

Also, around the same time, there will be a Book Swap for those of you interested in saving some money while you get rid of your old books and get some other books that are new to you. To finish out the week, we are having Etta and the Alteration over for the NCO Hail & Farewell Dance on Saturday the 11th at 9 p.m. So, if you are looking for some fun, come over and join in.

Ballet classes

Registration for Fall Ballet Classes will take place Thursday and Friday, September 9th and 10th, 1976, from 4 to 6 p.m. at Building 1390 located near the Fort Scott Chapel and Bowling Center. Classes will begin Thursday, September 16th. For further information, call Mrs. Piernik, telephone 994-0681, from Noon to 2 p.m.

Craft shop classes

A beginners and intermediate lapidary class, will begin Sept. 7 continuing every Tuesday, 6:30 p.m. - 9:30 p.m. for an eight week duration. Mr. Hal Warriner, Indian Valley Junior College will instruct.

A beginners and intermediate jewelry class will begin Sept. 9 continuing every Thursday evening, 6:30 9:30 p.m. for an eight week duration. Mr. Duane Aten will instruct.

A beginners stained glass class will begin September 21, continuing Tuesday evenings, 6:30 - 9:30 p.m. for a six week duration.

A handbuilt pottery class will begin Sept. 8, continuing every Wednesday evening, 6:30 p.m. - 9:30 p.m. for a six week duration. Ms. Lenda Anders Barth will instruct slab construction techniques. Active duty military will be given priority, however, in case of space available, retired military and dependents are urged to sign-up also. For class registration stop by the Crafts Shop, Bldg. 122, or call 4497.

Power outage

In order to replace the control transformer and maintenance switch equipment in Bldg 107, the following buildings and areas will be out of electric power from 8 a.m. - 4 p.m. Sunday, Sept. 12.

Bldgs. 2 to 65, Bldgs. 122 to 135 (except Bldg. 130), Area 200, Area 600 (except Bldg. 682), Area 900 and Bldg. 1022.

Master's program orientation

A representative of Golden Gate University will speak at Torney Hall, First Floor, LAMC at 10:00 a.m. on Wednesday, September 8th. He will discuss the Master's of Public Administration degree offered on-post by GGU and explain a new aspect of the program which will be piloted here.

For military personnel with an interest in Health Services Management, the school has agreed to provide the core courses on-post. This major has traditionally been offered by Golden Gate in their MBA program, which has more quantitative requirements than the MPA does. Another benefit to our personnel is the provision which allows the student broad flexibility in determining the proportion of Health Services Management courses to Public Administration courses (once the basic requirements are met).

Other Areas of Emphasis in the MPA program which will be discussed if interest is shown, are Administrative Organization and Management, Environmental Management, Justice Administration, Manpower Management, and Urban-State-Federal Governance.

Counseling in individual sessions will be available from 11:00 a.m. till 4:00 p.m. To make an appointment and/or reserve a space at the orientation, call 3693/4030, LAMC Education Center.

Outstanding Handicapped Federal Employee of the Year

Margaret Barrows, a DIO procurement clerk, has been named as an Army nominee from the Presidio for the Outstanding Handicapped Federal Employee of the Year Award.

A deaf mute since birth, Mrs. Barrows has been employed here since November 1972. She came to government service through the State Department of Rehabilitation.

Since coming to the Presidio, she has demonstrated in many ways that she can not only perform her duties as required but has exceeded these requirements. Her cheerful attitude and approach to her job contributes to the morale of the office.

A Hayward resident and the mother of two daughters, her favorite pastime is bowling.

Ramblin' Sam

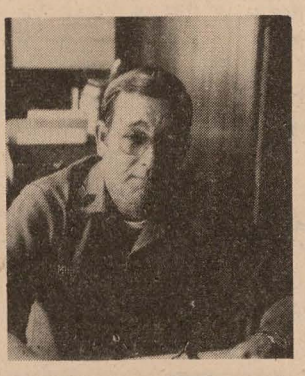


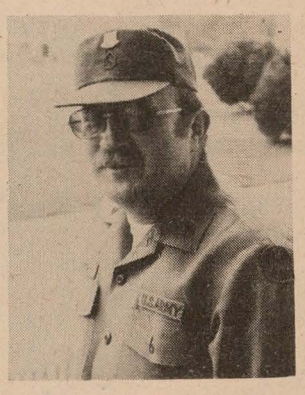
The Army is becoming increasingly more casual in dealings between subordinates and superiors. Do you think this has impaired the Army's efficiency in any way?



MSG Robert Leach, NCOIC, PAO. I believe that close friendships between lower grade personnel and their superiors is unwise. In times of crisis, leaders must sometimes issue critical orders which may involve danger. Familiarity and close personnel friendship may tend to reduce the effectiveness of a good leader. Leaders should know and understand their personnel, but should avoid fraternal or intimate relationships.

1SG Stanley McDaniels, 864th Engrs. I think that it is outstanding, but only up to a point, and every person involved should know what that point is. When casualness begins to interfere with duty, buddy, you got a problem.





SSG David Smith, Squad Leader, 402nd MP Co. Well, I never called anyone that outranked me, or was subordinate to me, by their first names; until I got to the Presidio, that is. I hear officers address their fellow officers and also EM by their first names. I guess that is probably because they want to project a more friendly atmosphere. But I don't think that will impair discipline. I guess it all depends on the way the individual presetts himself.

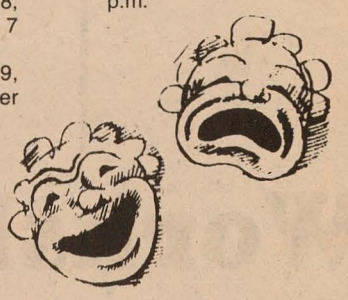
PVT Robert Lawrence, 864th Engrs. The army was designed to be that way, that is for subordinates to show, and have respect for their superiors. I think this casualness has impaired the army's ability to function effectively.



Movies

PRESIDIO THEATRE
Friday, September 3, W.C. Fields and Me (PG), 7 p.m.
Saturday, September 4, Old Dracula (PG), 7 p.m. The Little Ark (G), 2 p.m.
Sunday, September 5, The Hindenburg (PG), 7 p.m.
Monday, September 6, The Hindenburg (PG), 7 p.m.
Tuesday, September 7, Baby Blue Marine (PG), 7 p.m.
Wednesday, September 8, One Summer Love (PG), 7 p.m.
Thursday, September 9, Hot Potato (R) and Enter The Dragon (R), 7 p.m.

SCHWARTZ/LETTERMAN
Friday, September 3, Dr. Black Mr. Hyde (R), 7 p.m.
Monday, September 6, W.C. Fields And Me (PG), 7 p.m.
Tuesday, September 7, Old Dracula (PG), 7 p.m.
Wednesday, September 8, The Hindenburg (PG) 7 p.m.
Thursday, September 9, Baby Blue Marine (PG), 7 p.m.



Star Presidian

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Colonel Warren J. Lodge, commander
Major Michael J. Williams, public affairs officer
SP4 Carol Cronin, production and feature editor
SP4 Rebecca Sherwood, news editor

Army school buses on the road again

School run No. 1

Transportation Operations Sec: 3533

Bus 1, 1st AM Run: Provides bus service for children attending St Monicas and Star of the Sea Schools.

Bus 1, 2nd AM Run: Provides bus service for children attending Presidio Jr. High.

Bus 1		AM 1st Run
Lv:	TMP	0729
Lv:	512 Simonds Loop	0734
	537 Simonds Loop	0735
	Presidio & Liggett	0736
	Clark & Liggett	0737
	765 Portola	0739
	750 Portola	0741
	Presidio & MacArthur	0743
	Presidio & Funston	0745
	1310 Kobbe	0749
	Kobbe & Upton	0751
	25th Ave & Clement St	0756
Arr:	St Monicas School (24th Ave near Geary)	0800
Arr:	Star of the Sea (8th Ave near Geary)	0810

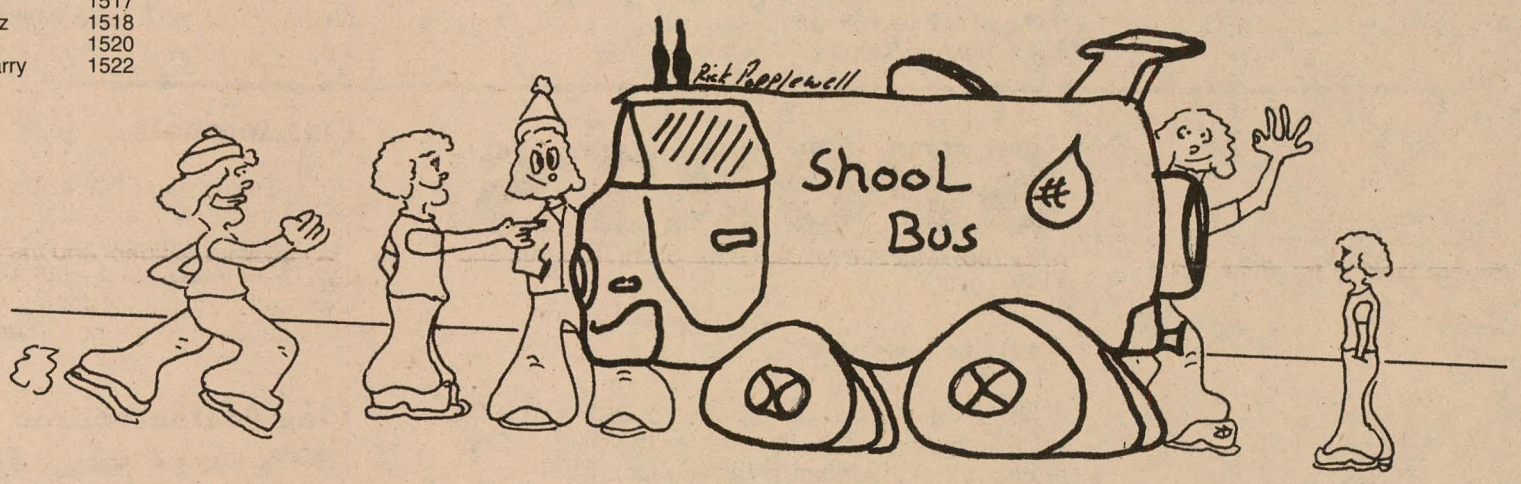
Bus returns to PSFC via Lake Street & Arguello Blvd.

Bus 1		PM 1st Run
Lv:	TMP	1440
Lv:	St Monicas	1455
	414 Washington	1505
	Park & Kobbe	1507
	333 Infantry Ter	1511
	Presidio & Funston	1513
	Presidio & MacArthur	1514
	Presidio & Liggett	1516
	Clark & Liggett	1517
	Morton & Sanchez	1518
	Morton & Portola	1520
	Fernandez & Quarry	1522

Bus 1		AM 2nd Run
Lv:	TMP	1152
Lv:	1310 Kobbe	1156
	Kobbe & Upton	1157
	Ft Scott PX	1158
	Storey & Ruckman	1159
	1290 Storey	1200
	957 Lincoln	1202
	Lincoln & Armistead	1203
	1407 Washington	1208
	414 Washington	1210
*Arr:	Presidio Jr Hi (29th Ave between Clement and Geary) (Via Arguello Gate, Arguello Blvd, California St. and 29th Ave.)	1220

Bus 1		PM 2nd Run
Lv:	TMP	1620
Lv:	Presidio Jr Hi	1640
	414 Washington	1645
	1407 Washington	1647
	Kobbe & Upton	1650
	1310 Kobbe	1652
	Storey & Ruckman	1655
	1290 Storey	1656
	957 Lincoln	1659
	Lincoln & Armistead	1700

*Return to PSFC in reverse of above route



School run No. 2

Bus 2, 1st AM Run: Provides bus service for children attending Zion Lutheran and Kittredge.

Bus 2		AM 1st Run
Lv:	TMP	0735
Lv:	414 Washington	0740
	1407 Washington	0743
	957 Lincoln (rear)	0750
	Lincoln & Armistead	0754
	Bldg 66 Lincoln	0757
	512 Simonds Loop	0800
	537 Simonds Loop	0801
	Presidio & Liggett	0802
	765 Portola	0804
	Presidio & Funston	0807
	333 Infantry Ter	0809
Arr:	Zion Lutheran (9th Ave & Anza St)	0818
	Anza St & 25th Ave	0824
Arr:	Kittredge (2355 Lake St)	0830

Bus returns to PSFC via Lake St. & Arguello Blvd.

Bus 2		PM 1st Run
Lv:	TMP	1450
Lv:	Zion Lutheran	1510
	414 Washington	1520
	1407 Washington	1522
	1310 Kobbe	1526
	957 Lincoln (rear)	1530
	Lincoln & Armistead	1532
	333 Infantry Ter	1536
	Presidio & Funston	1538
	765 Portola	1541
	Presidio & Liggett	1544
	512 Simonds Loop	1545
	Lincoln & Torney	1547

Bus 2, 2nd AM Run: Provides bus service for children attending Presidio Jr. High.

Bus 2		AM 2nd Run
Lv:	Motor Pool	1145
	Clark & Liggett	1150
	765 Portola	1155
	750 Portola	1157
	857 MacArthur	1200
	851 MacArthur	1202
	Presidio & MacArthur	1204
	Presidio & Funston	1205
	Post Theater	1207
	333 Infantry Ter	1209
*Arr:	Presidio Jr Hi (29th Ave between Clement and Geary) (Via Arguello Gate, Arguello Blvd, California St. and 29th Ave)	1220

Bus 2		PM 2nd Run
Lv:	TMP	1620
Lv:	Presidio Jr Hi	1640
	Post Theater	1645
	333 Infantry Ter	1647
	Presidio & Funston	1650
	Presidio & MacArthur	1651
	857 MacArthur	1654
	851 MacArthur	1655
	750 Portola	1658
	765 Portola	1700
	Clark & Liggett	1702
	537 Simonds Loop	1704
	Muir Loop & Simonds Loop	1705
	512 Simonds Loop	1706
*	Return to PSFC in reverse of above route	

School run No. 3

Bus 3, 1st AM Run: Provides Bus service for children attending St Monicas School.

Bus 3		AM 1st Run
Lv:	857 MacArthur	0742
	851 MacArthur	0745
	333 Infantry Ter	0749
	Ruckman & Storey	0754
	957 Lincoln	0756
	Lincoln & Armistead	0758
	1407 Washington	0803
	414 Washington	0806
Arr:	St Monicas (24th Ave & Geary)	0815

Bus 3, 2d AM Run: Provides bus service for children attending Roof Top School — take Muni Bus 3 from corner of Lyon and Jackson St. after exiting PSFC through the Broadway Gate.

Bus 3		AM 2d Run
Lv:	Fernandez & Quarry	0825
	Rodriguez & Morton	0827
Arr:	Broadway Gate	0830

Bus 3, 1st PM Run: Provides service for children returning from Star of the Sea, St Monicas and Kittredge.

Bus 3		PM 1st Run
Lv:	Star of the Sea	1445
Lv:	St Monicas	1450
Lv:	Kittredge	1455
	1407 Washington	1500
	Kobbe & Upton	1503
	Ruckman & Storey	1505
	964 Lincoln	1507
	Lincoln & Armistead	1508
	414 Washington	1511
	Thomas & Arguello	1514
	333 Infantry Ter	1515
	Presidio & Funston	1517
	512 Simonds Loop	1520
	537 Simonds Loop	1522
Arr:	Broadway Gate	1525

Bus 3		PM 2d Run
Lv:	Broadway Gate	1530
	Rodriguez & Morton	1534
	Fernandez & Quarry	1537

School run No. 4

Bus 4, 1st AM Run: Provides service for students attending Washington High. Connects with Muni Bus Nos. 28 and 38.

Bus 4		AM 1st Run
Lv:	TMP	
	512 Simonds Loop	0640
	537 Simonds Loop	0642
	Clark & Liggett	0643
	857 MacArthur	0646
	Presidio & Funston	0649
	333 Infantry	0652
	414 Washington Blvd	0656
	1310 Kobbe	0658
	Kobbe & Upton	0659
	Ft Scott PX	0700
	957 Lincoln	0703
	Lincoln & Armistead	0704
	1407 Washington	0708
Arr:	Washington High (32d Ave & Anza St)	0715

Bus 4		PM Run
Lv:	Motor Pool	1420
	St Brigids (via Lombard-Gough & Broadway)	1440
	Franklin & MacArthur (Ft Mason)(via Van Ness & Bay)	1445
	St Vincent de Paul (via Lombard & Steiner)	1455
	Convent of the Sacred Heart (via Green & Laguna & Broadway)	1520
	512 Simonds Loop (via Steiner-Lombard Lombard Gate)	1527
	537 Simonds Loop	1528
	Presidio & MacArthur	1530
	Presidio & Funston	1532
	333 Infantry Ter	1535
	414 Washington	1539
	1407 Washington	1541
	1497 Pershing	1545
	Kobbe & Upton	1549
Arr:	Motor Pool	1554

Bus 4, 2d AM Run: Provides bus service for children attending St Vincent de Paul, St. Brigids, Convent of the Sacred Heart, Stuart Hall, and Hamlin Schools.

Bus 4		AM 2d Run
Lv:	1497 Pershing (Bus shelter)	0729
	Kobbe & Upton	0733
	1310 Kobbe	0734
	1407 Washington	0737
	414 Washington	0739
	333 Infantry Ter	0743
	Presidio & Funston	0745
	512 Simonds Loop	0748
	537 Simonds Loop	0750
	St Vincent de Paul (2350 Green St)(via Lombard & Steiner)	0758
	Hamlin (2129 Vallejo St) (via Steiner & Vallejo)	0800
	Franklin & MacArthur (Ft Mason) (via Franklin St)	0806
	St Brigids (1615 Broadway (via Gough & Broadway)	0815
	Convent of the Sacred Heart (2222 Broadway) (via Van Ness & Pacific, Franklin & Broadway)	0820
Arr:	Motor Pool (via Steiner & Lombard & Lombard Gate)	0830

Military school bus service will be provided for dependent school children for school year 1976 - 77 as shown.

The secret eye

A gathering of people and events under the watchful SP typewriter

By Eve S. Dropper

After the beautiful weekend I had, getting back to the old grindstone was definitely a drag. But, I'm surviving, whether I wanted to or not. To tell the truth, I'd much rather spend all of my time playing. Life's tough when you get to the point where you're supposed to be a "responsible adult." Terrible words!!!

I got a complaint the other day from Alfredo. Seems as though somebody doesn't know how to drive. I was told, "A driver's license is not a license to run over pedestrians, not even in the parking lot. So, how about you frustrated race drivers acting out your fantasies someplace where it's safer for everybody? I declare, some people never learn until it's too late." Now, really. Everybody crosses the parking lot sooner or later, so be cool. Don't act like you got your driver's license out of a Cracker Jack box!!!

All you shutterbugs, now is the time to dust off that supermaticflex camera. There is a photography contest that gives both amateur and experienced photographers a chance to see just how good, or bad, you are. Check out 28-3, dated July 12, 1976 for details. So, check your f-stop, adjust your ASA, waggle your shutter speed and happy shooting.

The post has a new comptroller. George J. Morrison came to the Presidio from Military Traffic Management Command at Oakland Army Base, where he served as the Budget Officer. Hope you enjoy it here, and from talking with the people you'll be working with, I doubt you'll have any real problem. Such open enthusiasm!!! It'd be nice if everyone had such a joyful outlook on life. It was indeed a pleasure just talking with the staff . . .

Hey! With the NCO club closed, you'll now have two alternatives. One, the dayroom at Garrison. And now the Hof Brau section of the Main Snack Bar will be open till 9 p.m. Monday through Friday. Their weekend hours will be the same. But, they'll have pizzas, sandwiches, BEER, and other goodies. Plus, there's the amusement machines, pinball and that. So, get the gang together and enjoy . . .

Speaking of the dayroom, there was a party there last Friday . . . but, it seems there were only a few people on their toes. Now, group, those pool tables are nice. So is the TV, and the other facilities there. The club has already been closed, so it's too late to cry over spilled milk. But, it's not too late to keep that from happening to the other decent places on post. Look out for yourselves . . . nobody owes you these things. This is only my opinion, but I really believe that if nobody uses the dayroom or uses it with abuse, it'll be closed too. So, take advantage of all the things while you have them . . .

Looks like the Ft. Scott athletes are holding their own. The 16th BPO beat LAIR in a practice Flag football game . . . hang in there. You're lookin' good.

And from the BPO, Bob Atkins only has 27 more working days until he PCS's . . . I'm gonna miss jiving with him. He's a good guy, but I know he's looking forward to heading south again.

IG's again. This time D Co. 864th Eng. is preparing for theirs. Good luck and don't work too hard . . . but, you shouldn't have that much trouble now that you have two new guys to help. SP5 Kenneth Thomas, from Korea, and SP4 Paul Kinser from Germany, should be able to offer some help . . . Welcome to the Presidio in time to see the fun!!!

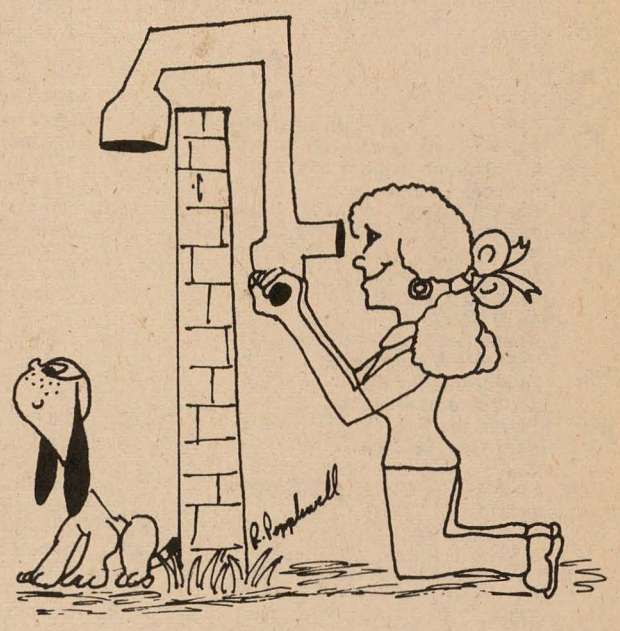
For grace and beauty, there's not much that can beat ballet. Registration for fall classes will be Thursday and Friday, the 9th and 10th of September from 4 to 6 p.m. in bldg. 1390. For more info call Mrs. Piernik, 994-0681 between 12 and 2 p.m.

For all you guys (and, to be correct, gals) who want to give up smoking, ADAP has a program to help. For more info, call 2663/2528 and ask for Lt. Swegart or Eileen Henriques . . . sounds good, if only it would work. Think I'll call, too.

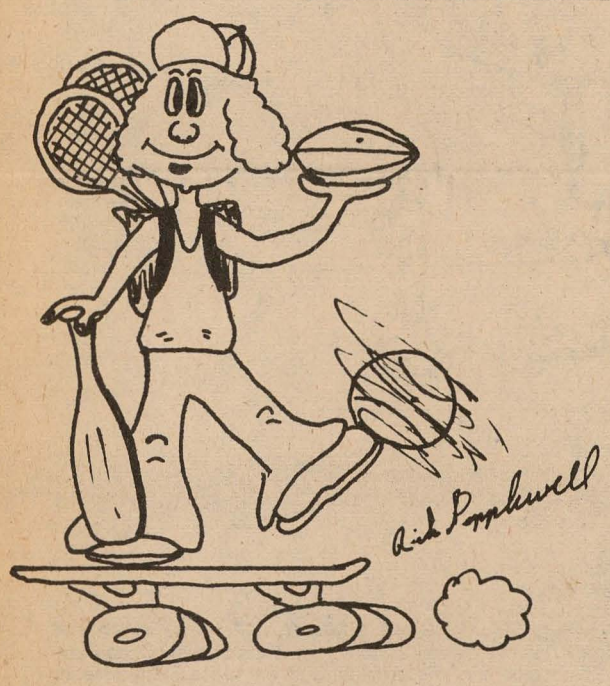
Well, after a month in the field, the 170th came back. I heard everything went well, but then it usually does. Of course, I haven't had a chance yet to hear any good stories about things happening in the field from the troops . . .

Can you believe the MP's won the Post Reenlistment Award??? Well, the 402nd was given the award last Monday morning. Glad to know all the experienced MP's are staying in . . . the security, we need the security!!!

SP4 Donald Stoop and SP4 Frank Anaya are new to the 504th. I don't know where they came from, but glad you're here, guys. And leaving the 504th is SP4 John Bribes; SP5 Danny Coursey; SSgt. Denzil Neff; and SFC James Williams. Hope your next tour isn't as foggy as this one, but just as nice. Good luck, people.



Well, another week. At least my sunburned nose isn't quite so red . . . and I'm looking forward to Labor Day weekend. If you're going anywhere, be careful. Take all those words of advice that everybody gives everybody when it's a holiday and lots of people are on the road. Enjoy. Take 'n take 'n keep on whatevering.



SPORTS

Tennis lessons

Mr. Bill Strong will be the instructor for the series of adult tennis lessons scheduled for the week of September 13 at the Infantry Terrace Courts.

Cost for the five two-hour sessions will be $30.00, payable at the Post Gym, not later than 2:00 p.m., September 10.

A minimum of four persons to a maximum of six will be required to open a class. Classes will be cancelled and money refunded if there is insufficient registration.

These classes are open to active duty and retired military personnel and their adult dependents. Students will provide their own racquets and balls.

Flag football

The Troop Flag Football program is set to kick off September 8, with a total of 13 teams making up this year's slate. Three games are on the card every Monday, Wednesday and Thursday evenings at 5:30, 6:45, and 8:00 p.m. All games will be played at the PX Field adjacent to the post library.

Flag Football clinic

A Flag Football Clinic will be held for all youths ages 9-16 desiring to play this year at the Fort Scott softball field, Sept. 11 beginning at 10 a.m.

Basic football rules, fundamentals and selection of teams will make up the program.

A fee of $1.00 is payable upon registration which must be accomplished at the Recreation Services Office during normal duty hours.

Volunteer coaches are also needed and interested persons should contact the Youth Activities Director for additional information at 3637 or 4120.

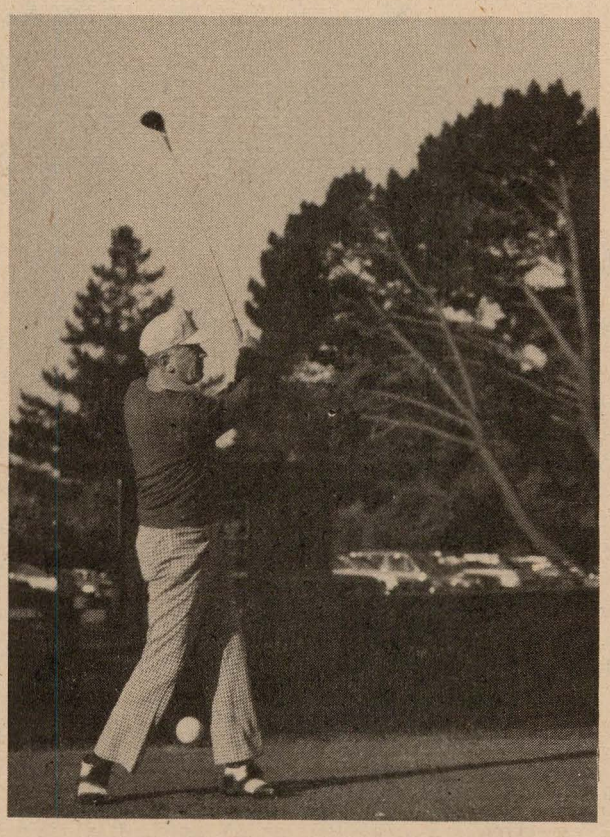
Notes from the Kegboard

An organizational league meeting for the Women's Bowling League is scheduled for 10:00 a.m., September 8, at the Post Bowling Center. The Women's Bowling League will be slated for Friday mornings and interested keglers should call Jo Ann Frasier at 3277 or Helen Park at 4783.

The Winter Intramural Bowling season will open September 9. One additional league has been added this year for a total of three. Bowling center personnel expect this action to reduce the congestion at the center and speed up league play.

Intramural bowling league standings
Fort Scott League
Final standings

6th Rgn	40½	15½
LAMC	37	19
402d MP's	37	19
Spt Elm No. 2	33½	22½
864th Engr	33	23
AFPD	32	24
USASA	30	26
SFFO CID	28	28
16th BPO	26	30
51st Engr	26	30
525th MI	24	32
504th MP's	19	37
227th Med Det	14	42
163rd MP's	12	44



***Lieut. Gen. (retired) Stanley R. Larsen,* former 6th Army Commander, tees off at the Fourth Annual Commanding General's Golf Tournament.**

Commander's Cup Golf Tournament

The Fourth Annual Commanding General's Golf Tournament was held last Friday, August 27 at the Presidio Golf Course. A total of 74 members of the Presidio Golf Club and Presidio Army Golf Club participated. Lieutenant General Edward M. Flanagan fired the cannon that got the 18-hole shotgun tournament off to a start. After the last foursome's putt had been sunk, Lieut. Gen. Flanagan presented the first place award to the team of Mr. Ray Alderman, Mr. Ward Fowler, Mr. Thomas Ryan, and Maj. Gen. John Theimer.

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Star Presidian

Volume 19, No. 35 | Presidio of San Francisco | Friday, September 10, 1976

Presidio Main Post Library
PRESIDIO OF SAN FRANCISCO, CA 94129

Vivan los Latinos!



Photo by Jack Sampson

***An 1816 print was the inspiration* for this strikingly beautiful stained glass window, created about 115 years later in the 1930s during the restoration of the Presidio Officers' Open Mess. The scene reflects the Spanish influence on early Presidio history.**

Chicanos, La Raza, Latinos, Hispanos, Latin Americans, or Boriquento. Whatever the name, Hispanic Americans have a long history of contributions to the United States.

September 13 through 17 is Hispanic American Heritage Week. During this week we pay tribute to those Americans who make up our second largest ethnic minority.

As Hispanic American Week draws to a close, there will be a birthday celebration. This time we will be singing happy 200th birthday to the Presidio.

A special exhibit, featuring the Spanish Army in North America is scheduled for opening at 10:00 a.m., September 17, at the Presidio Army Museum. This date is the 200th anniversary of the dedication of the Presidio of San Francisco by Lieutenant Jose Joaquin Moraga, Father Francisco Palou and company.

Despite the importance of the Spanish Army in North America, many historians have neglected them when discussing the 17th and 18th centuries. The Presidio Army Museum plans to partially offset this oversight when it opens this new exhibit.

Artifacts on display will include a number of reproduction items recently donated by the Spanish Government and Spanish National Tourist Office. Uniforms, charts and graphics are some of the features.

Weapons, accoutrements and original manuscript materials are also being acquired on loan from the Los Angeles Museum of Natural History, the San Mateo County Historical Society, and the Arizona Historical Society. The entire exhibit is being co-sponsored by the Library of the California Historical Society.

When the Spanish Conquistadores came to North America they sought more than gold and glory. They, and their descendents returned to settle the New World. One of the most important elements in the Hispanic advance was the Army.

In the Southwest, and California, a group of hardy frontiersmen protected Spain's interests. These troops, known as Soldados de Cuera, took their name from the heavy leather jerkin they wore. This Cuera (Spanish for "leather") was a combination of a quilted Aztec outfit, and an early European protective garment. A lance, shield and short sword formed other important components of this attire.

The soldado, an accomplished cavalryman, in many cases served side by side with the Colonial Infantry, the Castolnian Volunteers. Named after the Spanish province from which they were recruited, these Europeans must have found the new lands strange indeed. Dressed in more conventional long coats and tri-corner hats they cut an awkward figure on the frontier.

Both these foot troops and their mounted counterparts built fortifications, guarded settlements and missions, delivered the mail, and explored unknown country, while at the same time providing for themselves, and in most instances for their families through farming and ranching. They were in reality as much settler as soldier.

During the same era, Spanish troops aided the Thirteen Colonies on the East Coast in their struggle for independence. Such units as the Navarran Grenadiers and the Sorian Infantry came from Spain to fight the British in the "Floridas." Under the leadership of Bernardo De Galvez they seized Fort Butte, Baton Rouge and Natchez.

Scheduled to remain through the end of November, this display marks the opening of the second floor of the Museum.

By New Years other exhibits will be completed covering the history of the Presidio from World War I to present.

The Presidio Army Museum is open to the public, Tuesday through Sunday.

Hispanic Happenings

Chile Democratico de San Francisco
What: A celebration to honor the anniversary of the Military Coup in Chile.
Where: Glide Memorial Church.
When: September 11, 1976
Further information: Kemy Tavalary at: 647-4358 or 928-0290.

Comite Mexicano Civico Patriotico
What: The Cry for Mexican Independence on the steps in front of the City Hall. The representative of the President of Mexico will be there to see the receptions from the Mayor's balcony.
Where: City Hall of San Francisco.
When: September 15, 1976 — 8 - 11 p.m.

Concilio de Mujeres
What: A performance.
Where: College of Marin, Kentfield, Marin County.
When: September 16, 1976 — 7:30 p.m.
Further information: Raquel Torres, Dorinda Moreno at: 826-1530.

Ceremony Honoring Father Hidalgo
What: A ceremony of gifts and flowers in front of the statue of Father Hidalgo. These gifts will be the honors from all the organizations of the Bay Area.
Where: Dolores Park
When: September 16, 1976 — 11 a.m.

Hyatt Regency Dinner Dance
What: A dinner and dance ($20.00 per person)
Where: Hyatt Regency, Embarcadero Center
When: September 16, 1976 — 8 p.m.

Centro Social Obrero Dinner
What: A popular dinner ($5.00 per person) for all of the organizations in the Bay Area and for everyone in general to come to salute the representative of the President of Mexico.
Where: Centro Social Obrero, 2929 - 19th St., San Francisco. For further information regarding any of these events, please call Comite Mexicano Civico Patriotico at: 836-1337.

La Raza Rock Festival
What: The celebration of independence of all LA RAZA Nations, including Latin American, Indian American Nations, and Spain. There will be bands from: Central America, South America, Mexico, Puerto Rico, and San Francisco. There will also be a group of stars from Cuba.

Where: Cow Palace
When: September 17, 1976 — 7 p.m. - 1 a.m.
Further information: Ron Burmudez at: 994-1466.

Chilean "Cantata"
What: A "Cantata" narrating a portion of Chilean history.

Where: Glide Memorial Church.
When: September 18, 1976 — 7 p.m.
Further information: Kemy Tavalary at: 647-4358 or 928-0290.

Hot flash. . . Hot flash

School bus schedule revisions

The military school bus schedule printed in last week's Star Presidian has been revised. The new schedule is printed in the September 3 Weekly Bulletin.

Rec Center happenings

Just a reminder, the Presidio Recreation Center, Bldg 135, is still in existence, and is inviting you over to enjoy the coming attractions. Drop by Friday, Sept. 10, at 8 p.m. to the Coffee House Scene, with the Debbie Rich Folk Singers. Come relax, have a bite to eat and enjoy, all free! Something for the kids who are tired of their old toys, 3 p.m., Saturday, Sept. 11, Kids Toy Swap. Sunday, Sept. 12, at 4 p.m., is Pub Evening, with lots of games, root beer and fun. Reminding you again of the free chess instructions every Monday at 7:30 p.m. gameroom tournaments every Tuesday and card tournaments every Thursday at 7:30 p.m. Prizes will be awarded to winners of the tournaments and points towards the Commanders Trophy. Wednesday, Sept. 15, 9 to midnight is Disco Dance Time. Hispanic American Celebrations will be held Friday, Sept. 17, from 9 p.m. until 1 a.m. Drop by, there'll be plenty of celebrating going on. For more information call 2000/5420 or come by Bldg. 135.

Water skiing

The Central YMCA will be offering another weekend of waterskiing at Lake Berryessa on September 18 & 19, in addition to camping overnite beside the lake. Food, transportation, the campsite, and skiing provided. Beginners welcome. Cost: $25.

Sixth Army Band concert

The Sixth US Army Band will appear in concert on Wednesday, September 15, at 7:30 p.m. at the Presidio Playhouse.

The concert, whose theme is "La Fiesta," will feature Spanish and Mexican selections, including "Spanish March" by Texidor, "Mexican Rhapsody" by McBride, "Capriccio Espagnol" by Rimsky-Korsakov, and "Caribbean Fantasy" by Morrissey. The public is invited.

Pay raise

The deadline for a Presidential recommendation to Congress on an alternative pay plan has passed so it appears that the October 1 pay raise will be somewhere between 4 and 8 percent. Most estimates place the pay raise at the 4.83 figure that was recommended by the President's pay advisors.

Government employee unions suggested a higher 8.2 percent raise but it is unlikely that President Ford will approve any figure that high because of the cost.

The raise, when approved, will be distributed over the base pay, quarters and subsistence allowances. It will be effective immediately for military, and with the first pay period after October 1 for federal civilians.

The military raise will have an advantage since an increase will appear in the nontaxable areas of BAQ and Subsistence for those soldiers living off post and/or drawing subsistence. However, for the military person residing in government quarters and/or eating in military dining facilities, the raise may prove slim. Further, it will fail to provide much of a boost to the anticipated retirement check of those near that point.

The President is expected to make the decision on which recommendation to accept in the next few weeks, but at the latest it will be before the October 1 deadline.

Presidio chapel celebration

On September 17, 1776, Father Francisco Palou celebrated the dedication of the Presidio with Holy Mass, followed by a procession in honor of St. Francis, and a salute with muskets and cannon. Sunday, September 19, 1976, the chaplains will remember this event with a special Mass in the Chapel of Our Lady at 11 a.m. The Most Reverend Archbishop McGucken of San Francisco will preside. Archbishop Ryan from the Military Ordinariate will be the principal celebrant, and Bishop Guilfoyle of Stockton will give the Homily. The Mass will be followed by Mexican style snacks at the Officer's Club with entertainment by a Mariachi Band. All parishioners, and all Presidians, are cordially invited.

Monterey jazz festival

The central YMCA is sponsoring a two day camping trip to the nineteenth annual Monterey Jazz Festival, September 18 and 19. Attend the Saturday evening performance featuring Paul Desmond, Miss Helen Humes and Count Basie. Camp and visit the Big Sur area. For more information Call 885-0460.

New AAFES mail-order catalog

The all-new 1976-77 Mail-Order Catalog, featuring many new items, will be distributed in late September. For the use of authorized AAFES customers in the United States, the new 288-page catalog contains some 3,000 items.

A greatly expanded selection of beautiful, unusual and practical goods will include garden and lawn care tools, an automatic telephone answering device, bean bag chairs, shelf units for home entertainment equipment, books or decorator pieces, plant stands, tents, pocket calculators, fishermen's trolling motors, sewing machines, electronic "treasure finders," inflatable boats and a braod range of American and foreign made cameras, related equipment and stereo components. "Mag wheels" and easy-to-mount CB radios also will be featured in the value-packed new catalog.

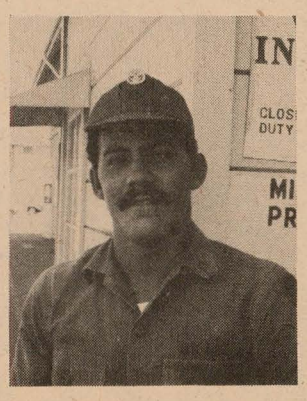
Ramblin' Sam



Do you think there's enough effective communication between EM, NCO's and officers?



SGT Bill Griffin, 163rd MP Co. The army is set up so that there will be a certain amount of stand offishness. That does not mean that communication has to suffer, though.



PFC Michael Barrett, 864th Engineers. I don't think there's any communication gap. With NCO's, I mean. I can get along all right.

SP4 Jeffrey Brown, 402nd MP Co. It's not bad, most of the time. NCO's have pretty much the same point of view, and the same sort of problems as the EM. However, and I hate to say this, some of the senior NCO's, from E7's on up, and some officers, just don't see things the same way. You try and suggest something to them and well, it just doesn't work.

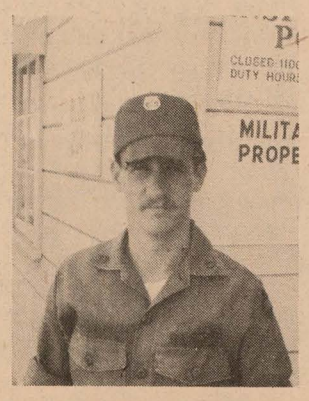


SP5 Herman Turner, HQ Co USAG. There is not so much a lack of communication as much as an aversion to getting involved. What I mean is that most people will say readily that they will try and find a solution to their EM's problems. But the moment that they find out it may take a little involvement on their part, or that there's a small amount of controversy, you know, making waves, well, all of a sudden they are too busy.



PFC Mark T. Mowatt, 864th Engineers.

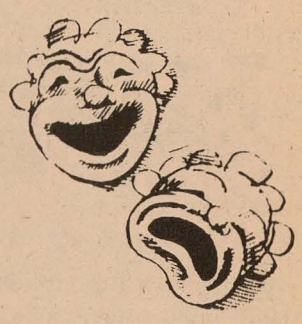
While I don't think there's too much of a problem with the NCO's, most of the officers are too far removed from day to day contact with their men. This sometimes leads to difficulties when you are trying to get your point across.



Movies

PRESIDIO THEATER
FRIDAY, September 10, Double Feature, Hot Potato (R), Enter the Dragon (R), 7 p.m.
Saturday, September 11, Hugo the Hippo (G), 2 p.m.; Whiff (PG), 7 p.m.
Sunday, September 12, Mother, Jugs, and Speed (PG) 7 p.m.
Monday, September 13, Mother, Jugs, and Speed (PG), 7 p.m.
Tuesday, September 14, El Miedo No Anda Enburro (G) 5:30 p.m. (the first 25 adults and 50 children will get in free), and Murph the Surf (PG) 7:15 p.m.
Wednesday, September 15, Challenge (PG), 7 p.m.
Thursday, September 16, Bingo Long Traveling All-Stars and the Motor King (PG), 7 p.m.

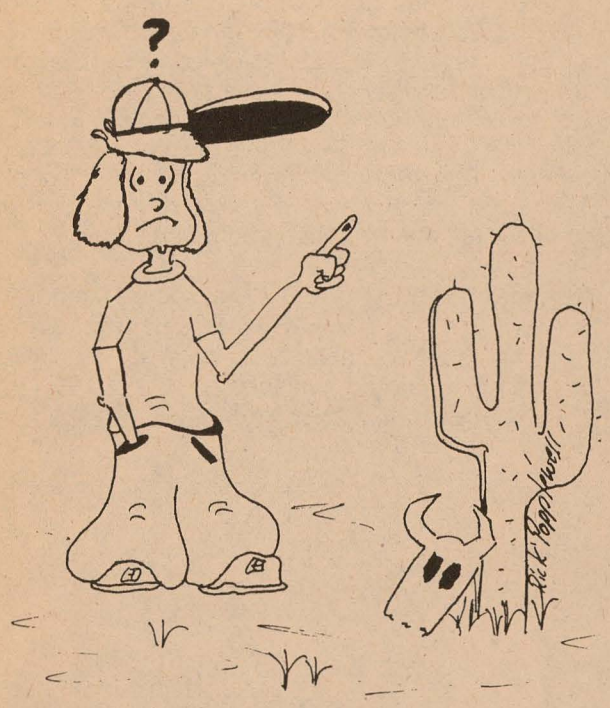
SCHWARTZ/LETTERMAN
Friday, September 10, One Summer Love (PG), 7 p.m.
Monday, September 13, Double Feature, Hot Potato (R), and Enter the Dragon (R), 7 p.m.
Tuesday, September 14, Whiff (PG), 7 p.m.
Wednesday, September 15, Mother, Jugs, and Speed (PG), 7 p.m.
Thursday, September 16, Murph the Surf (PG), 7 p.m.



Star Presidian

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Colonel Warren J. Lodge, commander
Major Michael J. Williams, public affairs officer
SP4 Carol Cronin, production and feature editor
SP4 Rebecca Sherwood, news editor



Conserve for tomorrow's children

by Rebecca Sherwood

Prices of everything are going up. Inflation is a persistent plague. But, Congress, in allotting the funds for fiscal year 1977, has stated that all FORSCOM installations will program for an overall energy use at or below the fiscal year 1975 level.

Keeping this in mind, you should know ways to conserve energy and use your knowledge to avoid crisis situations. It can also keep America's natural environment intact for your children and grandchildren.

Try to avoid major problems with a little forethought. For example, if you have a light fixture with more than one bulb, take one out and, for safety, replace it with a burned-out bulb. Use bulbs of lower wattage and, of course, turn the lights out when they're not needed. But, be sure to provide enough light for safety in areas like stairwells and reading and working areas.

These steps should save about four percent in electricity costs. If everybody took these steps we would save enough electricity to light about 16 million homes per day. Quite a lot, when you think about it, for so little personal energy.

For the chefs in the house, cook several dishes or whole meals in the oven at the same time. Check the seal of gaskets, and replace them if they leak heat into the room. Use pots the same size as the stove burner, and use tight-fitting lids or pressure cookers to reduce cooking time. There are all sorts of easy, quick ways to save electricity. All it takes is a little thinking on your part.

If your home, or any part of your house that you heat, is uninsulated, it will take extra energy to retain a stable heat level. Adding insulation is a good way to cut down on heat costs. Another good way to cut down is on the thermostat. Living quarters should be kept at 68 degrees, and dropped to 65 degrees at night. If you leave for three or more days, reduce the temperature to 40 degrees.

When the weather gets nice, open the windows. A fresh breeze is often more refreshing than recirculated air from the air conditioner. And, you can air out your house or car at the same time. Early spring cleaning, so to speak.

You should also check the filters in your heating systems. Keeping them clean will insure air intake to furnaces or cold air registers. Any openings, like attic vents, underfloor access doors and unused fireplace flues should be closed for maximum heating potential.

Next to heating and cooling equipment, your water heater is the most expensive appliance to operate. So, don't use hot water if warm or cool will do. When washing clothes, try to use cold water and only wash when you have a full load. Usually less water is consumed when you take a shower, so save the hot soaks for days when you feel you really deserve it. You'll save money and the treat will make that hot water feel all the better.

These are only a few of the ways you can reduce your electricity bill, and save energy at the same time. Put your two cents worth of effort into energy conservation and your dividends will last for generations.

Give to CFC:
Help those who help you

Floods. Typhoons. Earthquakes. When disaster hits, the American Red Cross is there to help.

But, problems arise for the American Red Cross (ARC), too. The current fiscal year is expected to be the most expensive in the history of the ARC for providing relief to disaster victims, according to the Armerican Red Cross.

When Typhoon Pamela swept through Guam and the Marianas in May, with 190 mile-an-hour winds, good advance warning gave most of the islands' inhabitants enough time to reach safe shelter. But, 10 people were killed and 500 more were injured.

The typhoon's winds destroyed thousands of homes, buildings, utility poles, swept all the birds off Guam and almost destroyed the plant life on the island. The electric power and the water supply system were knocked out.

As a result of this destruction, it was estimated that over $10 million would be needed by the ARC to cover expenses of providing emergency relief.

Then the dam in Idaho broke. More than 1,500 families applied for Red Cross assistance. The Teton Dam aid included shelter, food, clothing, rent in temporary housing, transportation, medical care and supplies needed in businesses.

The Memorial Day weekend flooding in Tulsa, Oklahoma, resulted in direct assistance by the ARC to more than 1,000 families.

Red Cross national headquarters reported that Typhoon Pamela, the floods in Tulsa and the Teton Dam catastrophe have escalated its disaster relief costs for the year to $33 million in commitments or expenditures.

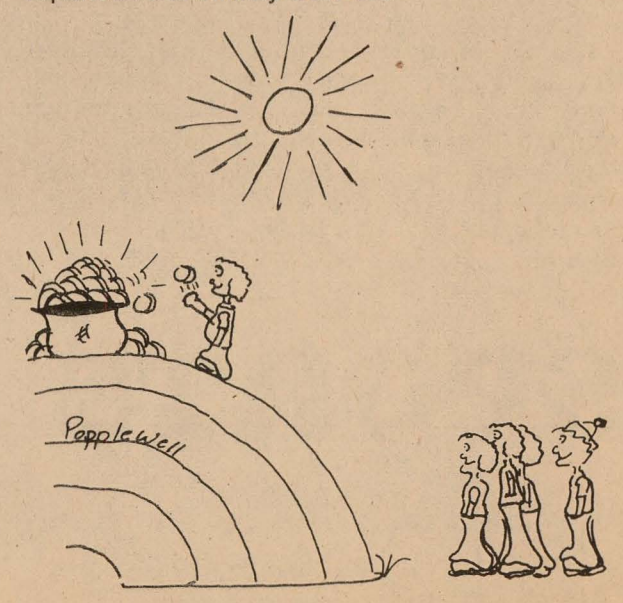
The American Red Cross is ony one of the 200 agencies in the San Francisco Bay area supported by the Combined Federal Campaign (CFC). Since these organizations are non-profit, they depend upon individual and federal donations for their continued existence.

This year's campaign was kicked off September 1, and soon you'll be approached by someone in your unit soliciting a contribution. There are two methods for donating. One is reaching into your pocket and giving cash then and there. The second way is through pay-roll deductions, where you pledge a small amount to be automatically deducted from your check each month for one year. That way, you never miss the money, and your donation will grow as the months pass.

As a joint community-wide effort to support the local United Way of the Bay Area agencies, the CFC supports the American Red Cross, the National Health Agencies and the International Service Agencies. In all, 200 separate voluntary service agencies are financed through this drive to provide the health, welfare and human care needs of people in the community.

This combined fund raising concept among Federal employees reduces administrative costs, meets employees wishes for a single campaign, and provides more financial support for the agencies with the pay-roll deduction method.

If you question why you should donate, think of it as a type of insurance. You may not need the Cancer Society today, but you might in ten years. It's the same with the Heart Association, or any of the varied agencies, which range from the YMCA and Boy Scouts, to Travelers Aid Societies and the United Japanese Community Services.



"A lot of people are becoming more and more accustomed to accepting government programs," stated Captain Arwin Janssen, Presidio coordinator for CFC. "We need to help the independent programs more. Some of these agencies do receive money from the government, but the less government support they receive, the better off the tax payers will be."

Your understanding, interest, and enthusiasm will predict the success of CFC and its single appeal. Your fair share will be appreciated.

Pay now or pay for it later

If the court has ruled that you must pay alimony and/or child support you'd better pay.

Garnishment of soldiers' pay for domestic support has been a fact of life for more than a year. A federal law — the Social Services Act passed in 1975 — allows an ex-wife or ex-husband to get money for court-ordered alimony and child support from soldiers' wages or retirement pay.

The following soldier profiles show the grim side of garnishment action:

*A retired officer from Georgia owes $47,000 for back child support and alimony. He has been garnished for the fifth time and has received almost none of his retirement pay since June 1975. The retiree has a new family — a wife and two small children. If garnishment action continues, it will be about five years before he receives any pay.

*An active duty member from Idaho owes $6,052 for back support. Idaho law authorizes garnishment of 100 percent of disposable earnings (portion left after taxes). The soldier has remarried and has four children. As a result of the garnishment, he is unable to support his new family and pay his other debts. He will not receive any pay other than his nongarnisheeable allowances for about a year and a half.

*A retired E-7 from Georgia owes $9,552.68 for support. One hundred percent of his pay has been taken for the third time. He is unemployed and has no money to pay his debts. If the garnishment continues, he will not receive any of his retirement pay for more than two years.

Under the law, only state courts are permitted to garnishee for alimony or child support. Only Texas prohibits garnishment.

A DA official explained garnishment procedure this way: "A state court issues a garnishment order and the ex-wife's attorney sends it by certified or registered mail to the Army Finance and Accounting Center at Ft. Benjamin Harrison, IN, which then withholds specified sums from the soldier's pay as ordered by the state court. Finance sends the withholdings to the court, and the court pays the ex-wife. Under most state laws, this procedure continues until the debt has been paid in full."

According to Joseph P. Murphy, the Army's deputy assistant comptroller for fiscal policy, garnishment does not apply to other debts such as the purchase of car, furniture, appliance or clothing.

Some aspects of the law remain unresolved. For example, the law does not say how much of a soldier's pay is subject to garnishment — or whether it should be based on a percentage or dollar limit. Apparently, Congress left this to be governed by relevant state laws. In some cases, however, it has been 100 percent. Additionally, this law does not say what kinds of pay are subject to garnishment.

A DoD favors a 50 percent limitation on the amount of earnings subject to garnishment.

The Civil Service Commission at the direction of the President has circulated among all federal agencies comprehensive proposed regulations on garnishment of all federal pay — including military pay: active, reserve or retired.

The secret eye

A gathering of people and events under the watchful SP typewriter

By Eve S. Dropper

Hey, wasn't Labor Day nice??? If you didn't enjoy it, I'm sorry, but don't spoil my memories!!!It was fantastic!!! I did nothing. Well, that's not really true. I watched cartoons, slept a lot, played cards and Yahtzee (fun game) and went plinking with a .22 pistol. Nothing constructive . . . how nice.

There's a new chaplain at the 504th. Welcome to the Presidio, Major Donald Nietering. And SP4 Steven Dunajoki and Pvt. Mark Williamson are new arrivals to the 504th, too. Hope you enjoy . . . it's nice, once you get used to it.

Lt. Linda Finkelstein has ETSed. Yep, she left the 504th for civvies. . . And SFC Charles Bell has left the 504th for Ft. Ord. I remember once upon a time when I wanted to go there . . .

There's a new finance officer, Robert McCrainey, from Oakland. Hope he can keep the money straight around here . . . or, if it gets messed up, make sure it gets messed up in my favor . . . SP5 Andy Mariano got married!!! Bit the dust . . . be happy. Teresita Sanaugstine (Mrs. John from Region IX) had a baby!!! A boy, named Gregory . . . Congrats.

Transportation is hanging in there!!! SP5 John Wyatt is working on getting cable television on the Presidio!!! One, two, three, YEH!!! And they're welcoming Pvt. Linda Buterhorn, From Ft. Dix AIT. SFC Reynold Mechelhoff has taken over as NCOIC at the motor pool, too.

The 170th made it through their month in the field. So far only one ETS this week, SP4 Gary Fost. But they've had some new arrivals: Sgt. Larry Darkow, from Germany; SP4 Michael Brown, SP4 Gary Jackson and Pvt. Michael Johnson, all from AIT at McClellan. Ain't it a lot nicer here???

Members of the band sent word they felt neglected . . .sorry people . . . but if anybody feels like they're ugly red-headed step-children, just holler!!! I can only work with your help . . . anyway, SP4 Gary Myers and SP4 Kevin Loomis have ETSed from the Army and the band. SFC Everett Horton will retire with 24 years of service the end of this month with a Meritorious Service Medal. Looks like the band will be losing a good man. Outside of that, the peoples playing the beautiful music will be rehearsing for their next concert. And this concert will be conducted by the NCO's rather than the bandmaster . . . Good training.

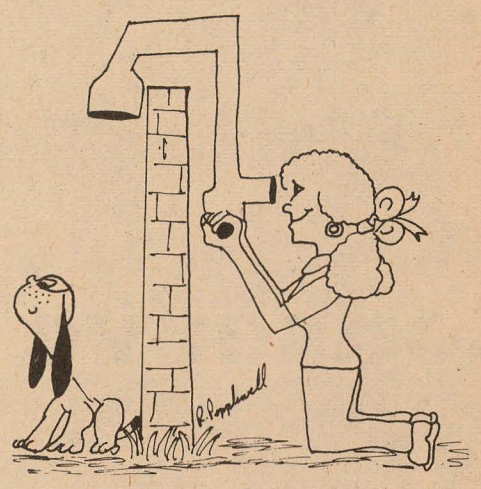
For all you peoples who've had questions about the Reserves . . . The Reserve Component Career Counselor is back in operation. This office has been vacant since last March. So SFC Carol Chand has come in to take over the responsibilities. Her office is in the Welcome Center, bldg. 227, and you can reach her by phone at 2511/5259.

Congrats on the promo to Master Sergeant, Juan Hernandez. Really must be nice . . .

Personnel has got a whole group of new peoples . . . SP5 Corazon Pilapil; SP4 Craig Thornburg, and SP5 Janice Pierce are all welcomed to the garden spot of San Francisco, overlooking the beautiful Golden Gate Bridge and the San Francisco Bay . . . but, at the same time SP4 Robin Guinan, SP4 Ralph Penfield, Sgt. Robert Semore, and SP4 Robert Spence will be or have ETSed. Enjoy the civilian world . . . tell me if it's changed much . . .

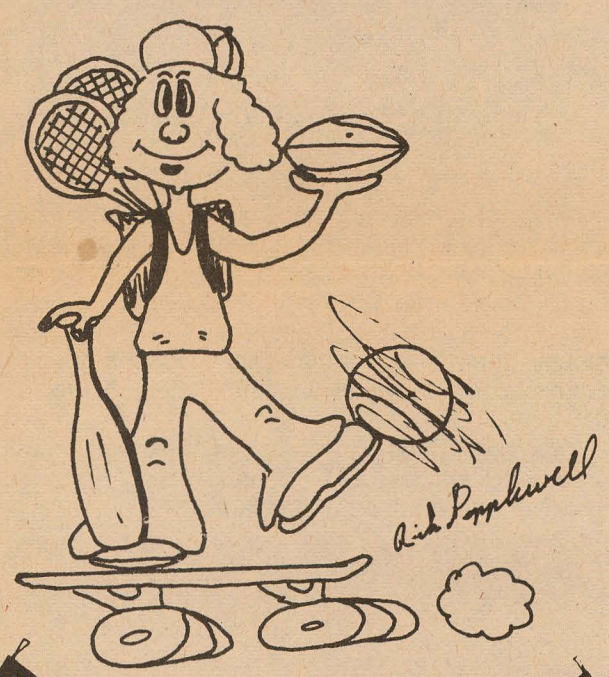
I found out that there really is such a thing as a farkleberry. Learn something new every day ... course I probably could've lived my entire life and never missed farkleberries ...

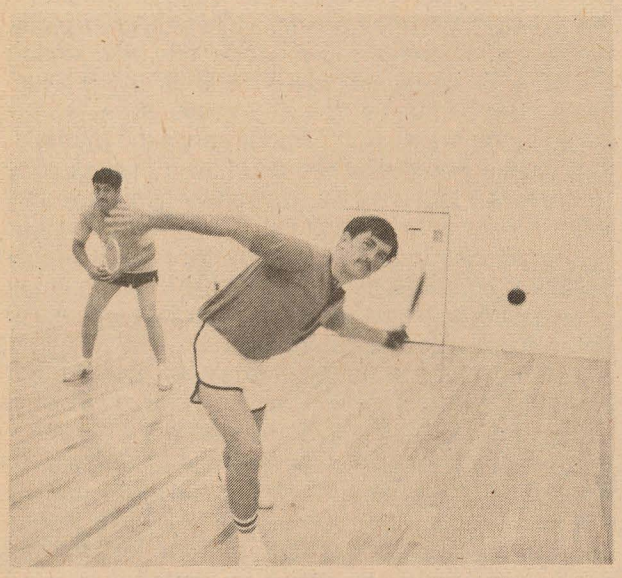
Happy birthday, Capt. Robinson.



Short weeks are always nice and mellow . . . gotta readjust to an extra day off. Almost as hard as when you first get back from leave . . . Take 'n take 'n keep on whatevering. I will.

SPORTS





The action is fast and furious **during the Post Racquetball Championship now underway. Monte Mingus from the 16th BPO and Dennis Porche from Hq Co. USAG are matched during the double elimination tournament. About half the contestants have been eliminated already.**

Off the field

Watch yer mouth, buddy!

by Ron Renouf

Editorial

The language dealing with sportsmanship in the 1976 Presidio Flag Football Rules should be noted. It is indeed an attempt to get tough and only time will tell how successful this effort will be.

Action was needed. There is no doubt of this. Incidents in the past where game officials have been physically attacked and threatened have pointed out the need for the reinforcement of "law and order" in the Presidio sports program.

The new change reads: "Unsportsmanlike conduct will not be tolerated in any league, tournament, or program conducted by the sports branch. The use of abusive or foul language, assaulting the official, physically or verbally by an individual or team will result in removal from the game and/or forfeiture of that contest.

"Flagrant abuse of the officials or other persons may result in suspension from a game, for the sports season, or for a period up to a year.

"More serious offenses or a second offense will not only result in suspension of the individual or team, but recommendations will be forwarded to unit commanders for disciplinary action to be taken."

Unfortunately, cases in the past would also indicate that had appropriate action been taken by game officials on the spot, perhaps this rule need not have been written.

The rule is already there. It is in every rule book governing every sport in existence although the wording varies from sport to sport.

It would appear that in the past, enforcement of penalties for unsportsmanlike conduct have not been properly and immediately enforced. Whether through the laxity of the official, or because of his feeling that perhaps he would not be backed by the sports department, there has been a reluctance by many officials to maintain control of the sport that they are calling.

Perhaps now that the teeth have been added in writing, a change will be evident.

The last sentence is the one that should bother all persons connected with the sports program. Military sports programs have always staunchly defended the principal that there is not room for the display of military rank in the sports program; That all participants are athletes during the time they are on the field or court — and in that sense of the word, equal.

With the wording of the final sentence to this rule, military rank will now be imposed on the program — if only through its threatening shadow.

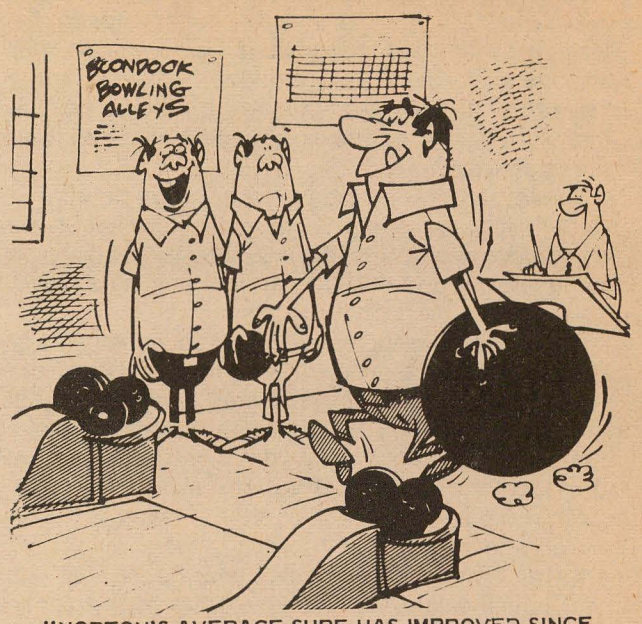
If the penalties outlined in the preceeding two sentences — penalties calling for removal, forfeiture, or suspension up to a year — are enforced properly there will be no need for military action to be imposed on what is, and should be, a non-military activity.

Notes from the Kegboard

After a third place finish in the Fort Scott Bowling League, the 402nd Military Police Company racked up 2423 pins in the First Annual Sergeant Major's Trophy Rolloff to become the first temporary owner of the revolving trophy.

The end of season rolloff in the intramural bowling program pitted the top three teams in the Presidio League and the top five in the larger Fort Scott League.

Following the 402nds performance were the 864th, 2339; 6th Reg, 2299, LAMC, 2289; 170th, 2135; USAG, 2133; Spt Elm No. 1, 1976; and Spt Elm No. 2 who failed to show up for the competition.



"NORTON'S AVERAGE SURE HAS IMPROVED SINCE HE BOUGHT HIS OWN BALL."

NO. 52 AFNS

Most of the winter bowling leagues are full or filling up and action is expected to open in another week. However, a bowling center spokesperson stated that the Monday Men's Handicap League may be cancelled due to a lack of participants. Another dozen bowlers are urgently needed to fill out the league roster of eight teams.

Also, the Officers & Civilian league (GS-7 and above) would like to expand from their current eight team roster to ten teams.

Persons interested in bowling in either of these leagues may contact the bowling center or the secretary of the O & C league, Albert H. Stewart at 992-5714 to join that program.

Sign up's for the youth bowling program will open tomorrow at 7:30 a.m. with a repeat performance next Saturday.

The 1976 program will add a Pee Wee League for youngsters six and seven years old. The program features four leagues and can accomodate bowlers from age six to 21.

Registration for the 6 - 12 year olds will be at 7:30 and for the 13 - 21 year olds, at 9:30 a.m. both days at the Bowling Center. Youngsters in the 6 - 12 group must be accompanied by a parent at time of registration.

Presidio Main Post Library
PRESIDIO OF SAN FRANCISCO, CA 94129

Star Presidian

Volume 19, No. 36 | Presidio of San Francisco | Friday, September 17, 1976



United We Give
to care for our own

Hot flash. . . Hot flash

Scuba classes

A swim screen and introduction for an on-post basic SCUBA class will be given September 23 and 30 from 6 - 8 p.m., Presidio pool, Bldg. 69. This course leads to nationally recognized certification through the National Association of Underwater Instructors (NAUI). Additional information is available from Outdoor Recreation, 4324.

The Presidio SCUBA club, Conquistadores del Mar, meets once a month to plan upcoming dives and training events. The next meeting is scheduled for October 5, 7:30 p.m. in Bldg. 69.

Free jazz concert

Just a reminder. "Turk Murphy's San Francisco Jazz Band" will be at the Fort Point special event on September 26. The program will begin at 2 p.m. and last until 4 p.m. Admission is free, and this is the last Bicentennial special event to be staged at Ft. Point.

Surprise! You just gave

"A young soldier, enroute to his first assignment at Ft. Belvoir, was pinned with a white carnation by a smiling young woman as he approached the baggage area. She quickly and pleasantly asked for a donation. The young soldier reached for his wallet and found that he had nothing smaller than a $10 bill. The girl, recognizing his dilemma, promptly took the $10, handed him a book and two pamphlets and moved on to another individual. The stunned soldier had just 'donated' ."

This situation was witnessed recently at Washington's National Airport, but it happens regularly throughout the country. Members of legally licensed religious cults do solicit donations by selling flowers and books at airports. Although all military and civilian personnel are potential targets, young, uninformed trainees are particularly vulnerable. In situations like this, keep in mind donations are not an obligation.

Jack London Square

On Friday, September 24, the Letterman Women's Club will sponsor a cruise to Historic Jack London Square, providing an opportunity to meet with other officers and wives throughout the Bay Area. The dinner cruise will leave Pier 43½, Harbor Tours landing, Fishermans Wharf, promptly at 7 p.m. and return at 11:30 p.m. There will be dancing and champagne on "The Bay," and a superb full course dinner with wine at the Bow and Bell restaurant.

Reservations can be made by calling, in San Francisco, Beverly Carpenter, 561-2614, or in Marin, Beverly Chojnacki, 453-6737. The cost (including gratuities) is $13.50 per person or $27.00 per couple.

Sailing class

The San Francisco Central YMCA, 220 Golden Gate Avenue, is offering another sailing class. The class consists of an evening of theory on Friday, September 24, from 7 to 9:30 p.m., followed by a day on the Bay Saturday, September 25. Since numbers are limited, early registration is required. For further details call Central YMCA at 885-0460. Cost is $20.

Conversational Russian

The Fort Scott Education Center, in conjunction with Galileo Community College, will offer a new 10-week course in Russian for Beginners at the Education Center, Bldg. 1216, on Tuesday and Thursday evenings from 7 to 9:30 p.m. The first class will be held September 22.

The instructor, Bill Hartney, is a graduate of the Defense Language Institute. The texts will be provided and emphasis will be on conversation.

This course is open to military, dependent and civilian personnel. For further information or to enroll, contact the Adult Education Department at 2974 or 4445.

Know where the jobs are

Seeking a civilian job within 90 days? Talk to the people who know where the jobs are. Attend the Veterans Employment Seminar Program September 29 at 1 p.m., Bldg. 135 (the Recreation Center). Meet with representatives from the National Alliance of Businessmen, the U. S. Department of Labor's Bureau of Apprenticeship and Training, Medical Experience Directed into Health Careers, the California Employment Development Department, Career Seminars, Lendmen Associates, the Federal Job Information Center and Careers for Retired Military.

To help you explore all your options before you separate, Army career counselors will be available to discuss reenlistment and reserve opportunities.

If you need additional education or training to reach your job goal, find out about financial aid to supplement the G.I. Bill. Also, information will be provided about your Federal and State veteran's benefits. Call Ext. 3693/4030 to reserve your place.

Pay raise blocked

Senate conferees yielded to the House Wednesday and agreed to block a cost of living pay raise this year for all top federal officials as well as for members of Congress.

The House conferees went along with the Senate, however, in killing a one percent bonus or "kicker" on cost of living pension increases for retired federal civil service and military personnel.

Both the Senate and House had voted to exclude their own members from a cost of living pay raise of about 4.8 percent due federal employees to include the military, October 1 under present law.

Houseboating

The Central YMCA is offering another houseboating trip over the September 25-26 weekend, to be held in the Sacramento River delta. Relax in a large houseboat, enjoy the sun, water, fishing, campfires, and laziness. Food, transportation, the boat ride, and insurance provided. Cost is $31.; maximum, 12 people.

Ramblin' Sam



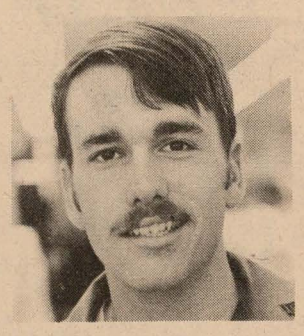
The Armed Services emphasizes the ability to "get along." There are times, though, when "personality conflicts" arise. When this happens, how do you handle it?



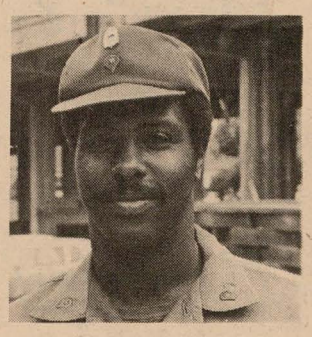
SP4 Annette Burke, Letterman. Well, hmmm, if the person is mature enough I guess you can talk to him and explain what kind of problems you are having, and try to resolve it that way. Unfortunately, sometimes personality conflicts just . . . the best way is just forget about them. As much as you can.



SSgt. James Smith, Post Locator. I had a man to man talk to try and find out just why we couldn't get along. We had a discussion, we talked it over. That helped quite a bit.

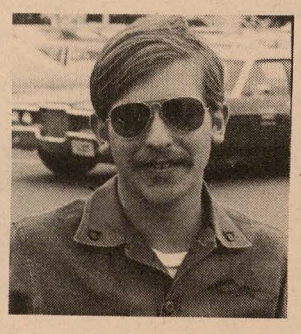


Acting Sgt. Jeffrey Banks, 170th MP Co. I'll talk about the men under me: First, we do try to have squad meetings, to try and find out what the problems are. If the individual(s) concerned can be helped out that way, fine. Sometimes the only answer is a transfer, either out of the squad, or perhaps out of the work section.



PFC Randy Kirton, 170th MP Co. Being in the Army it is kind of hard, especially if you are living in the barracks, because everybody has to pitch in and work together. You do get into little arguments here and there, but they blow over after a while.

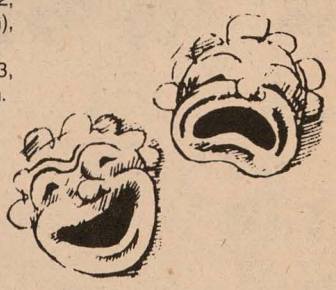
SP4 James Wade, Hqs Co USAG. How did I handle it? Well, first I tried it his way because he had authority over me. Since his way didn't work completely, well, some of the procedures had to be changed. Other than that, everything turned out to be all right. He had bugs in his area, and I had some. It was kind of give a little, take a little.



Movies

PRESIDIO THEATER
Friday, September 17, Motor Kings (PG), 7 p.m.
Saturday, September 18, Peeper (PG), 7 p.m.
Saturday, September 18, special matinee, The Blue Bird (G), 2 p.m.
Sunday, September 19, The Omen (R), 7 p.m.
Monday, September 20, The Omen (R), 7 p.m.
Tuesday, September 21, The Omen (R), 7 p.m.
Wednesday, September 22, The Wind and the Lion (PG), 7 p.m.
Thursday, September 23, The River Niger (R), 7 p.m.

SCHWARTZ/LETTERMAN
Friday, September 17, Challenge (PG), 7 p.m.
Monday, September 20, The Bingo Long Traveling All Stars and Motor Kings (PG) 7 p.m.
Tuesday, September 21, Peeper (PG), 7 p.m.
Wednesday, September 22, The Omen (R), 7 p.m.
Thursday, September 23, The Man With The Golden Gun (PG), 7 p.m.



Star Presidian

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Colonel Warren J. Lodge, commander
Major Michael J. Williams, public affairs officer
SP4 Carol Cronin, production and feature editor
SP4 Rebecca Sherwood, news editor

Think promotion — think EPMS

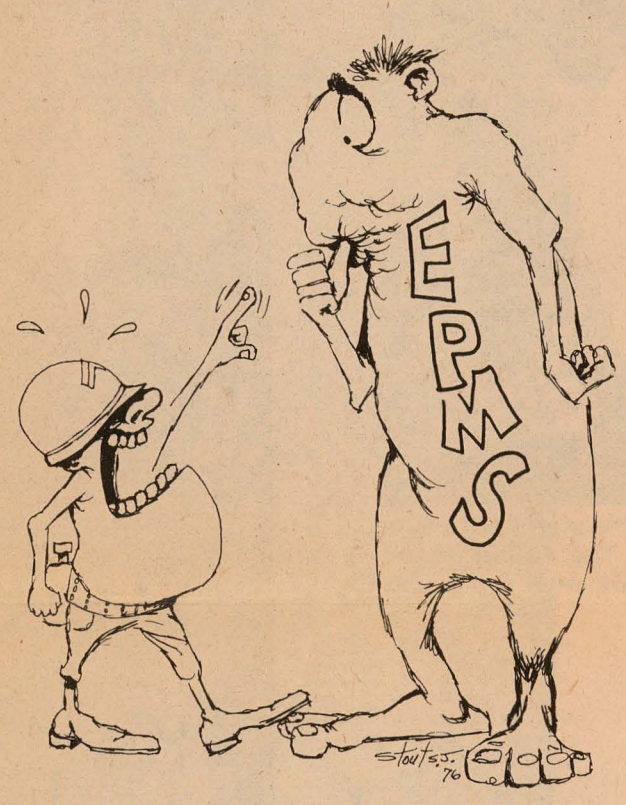
EPMS is probably the most talked about, least understood program in the Army.

Soldiers condemn it and abuse it. Everything that is wrong in the Army, they say, is the fault of the Enlisted Personnel Management System.

"We have many armchair quarterbacks with quick and easy solutions to personnel management problems," stated Sergeant Major Don Weber, a member of the EPMS Task Force at MIL PERCEN. "But many solutions fail to consider the dollar squeeze. The dollar dictates the grade structure.

"Let me tell you something that is not very visible but damned important," Weber says. "DOD tells the Army how many slots we can have in the top six grades.

"In addition to these DOD ceilings, DOD also controls the minimum time-in-service (TIS) requirements for promotion, the percentage of soldiers who may be selected for promotion from the secondary zones, and the amount of time that can be waived for promotion purposes," Weber adds.



"Management folks sat down with every TO&E and TDA in the Army and started counting jobs by pay grade. When the counting was finished, here's what the Army found it provided for and what DOD said the Army could have.

Army jobs by pay grade	DOD approved and funded
E-9 - 3,740	3,740
E-8—14,568	12,716
E-7—48,753	45,490
E-6—78,025	71,672
E-5—132,691	113,800
E-4—208,484	172,600

"It doesn't take a college graduate to figure out that the Army has manning documents that call for more than 60,000 soldiers to be paid for jobs in the top-six for which there is neither DOD authorization nor money."

Balancing the grade structure

He quickly points out that the EPMS Task Force is well aware the first reaction in the field is that when you cut the grade structure you are hurting promotion opportunity.

"Not so," Weber says as he points to the chart. "In fact, the restructuring will insure equity in promotion opportunity. It will create additional grade structure in those fields where the necessary career progression does not now exist."

Weber points out that once the Army brings its grade authorizations on line with the DOD grade allowance and budget, "it will allow the commander to requisition replacements with a higher assurance the requisitions will be filled with the right soldier wearing the right stripes."

Second, it will take the sting out of MOS-mismatch and help the soldier to see his or her Army career in the right perspective.

Third, it will provide the training and education a soldier needs to have the kind of career he or she wants.

Fourth, EPMS will establish procedures for the soldier to prove his or her qualification for promotion through performance. Opinion will have little influence on how well the soldier does the job.

EPMS rests on four cornerstones: training, evaluation, classification and promotion, with the key to the top being performance.

"We used to train a soldier, classify him or her in an MOS and skill level, evaluate performance and then consider promotion," Weber continues. "That system had three flaws.

Training — the first step

"First, it assumed the training was adequate; second, it assumed all soldiers who finished the training were of equal competency in the acquired skill. Third, the skill identifier in some instances didn't match the grade or true level of achievement. By this I mean, specialist six has the same skill level as a specialist four.

Weber begins to outline the training program aimed at taking a soldier to the top. The help he refers to involves five levels of specialized training.

They are BCT/AID, and four levels of NCOES: Primary NCOES, Basic NCOES to include the primary technical course, Advanced NCOES, and Senior NCOES.

"Attendance at any one of these schools will expose and prepare the soldier for the skill level required at the next higher grade. School attendance alone will not guarantee promotion eligibility. Promotion will also depend on performance. Performance is still what counts in EPMS," says Weber.

Evaluation — SQT

The EPMS evaluation process is called Skill Qualification Test, or SQT for short.

"SQT replaces the old MOS test," Weber continued. "The concept divides SQT into three parts: written, hands-on and the commander's certification."

All parts of the evaluation are performance oriented—a written portion measuring skills a soldier should have at his current skill level, and those skills he or she should have to qualify for promotion in that MOS to the next higher grade. A 'hands-on' evaluation may be provided so the soldier can demonstrate by performance his knowledge and skill. This evaluation is in addition to the written test.

The third part of the evaluation may be the commander's certification. There will be some tasks which cannot be measured on the spot — bull dozer or grader operator, for example. In these cases the commander would have to certify whether or not the soldier can do the job.

Once the soldier completes SQT, the test is scored. A high-pass means he or she has qualified for the skill level of the next higher grade. A minimum pass verifies the skill level of his or her present grade. A score below minimum pass indicates nonqualification in the skill level of the present grade.

"SQT also measures the soldier's potential to perform at the next higher grade," Weber emphasizes. "The Army is looking for professionalism and the opportunity to advance it.

"Those who fail SQT will take the test again the following year," Weber notes, adding that those soldiers who have passed the test but believe they can improve their score by taking it again may volunteer to do so.

"Once EPMS is fully implemented, the Enlisted Evaluation Report (EER) and the Senior Enlisted Evaluation Report (SEER) will no longer need to solicit indications of a soldier's skill. The report need only ask about the soldier's attitude and conduct in performing his or her job," Weber says.

Classification

The third cornerstone of EPMS is classification. Weber calls it the real glue which brings professionalism together through EPMS. He says it is through the classification process that EPMS stresses and proves the importance of professionalism.

"The EPMS classification process answers the question of how well a soldier is advancing professionally," Weber says, and he proceeds to explain why and how.

Under EPMS classification, a soldier takes the SQT and obtains his commander's certification if applicable.

Let's assume he completed the evaluation with a mark of high pass.

This means the soldier has dibs on promotion consideration because he has professionally demonstrated he is ready for the hike.

Now let's consider another specialist four.

This soldier takes the same SQT, but is scored with a minimum pass. He is not awarded the skill identifier for the next higher grade and cannot compete for promotion.

Why?

Because promotion under EPMS will go only to soldiers who have completed their education or on-the-job experience, are in the high pass category, and have the higher skill level.

Classification under EPMS seeks to show supervisors and managers where a soldier is going, not where he has been.

Promotion — the final step

Now we have reached the fourth cornerstone and the most important part of EPMS — promotion.

The Army has established three levels of promotion authority: decentralized, semi-centralized, and DA Selection Boards.

Decentralized promotion authority rests with the unit commander. The commander has the authority to promote through pay grades E4.

Semi-centralized promotion authority is delegated to the field where promotion boards are convened to consider soldiers for advancement to grades E5 and E6. The soldier receives promotion points for such achievements as education, military schools, MOS scores, awards, etc. The soldier also receives points by appearing before locally convened promotion boards. Points from these two sources are totaled.



"Just get to the part where I'm the SMA."

DA enters into the promotion process at this point and controls the number of promotions to E5 and E6 by announcing monthly promotion cut-off scores for each MOS. Soldiers with enough points to match or beat the cut-off scores are promoted.

DA centralized promotion boards are convened at Ft. Benjamin Harrison, Ind. These boards, headed by a general officer, review the official military personnel file of soldiers eligible for consideration for promotion to the rank of sergeant first class, master sergeant and sergeant major.

"EPMS takes the mechanics of the present Army promotion system and adds the number one ingredient," Weber says. "It adds proof of performance. Either the soldier can hack it or he can't."

Weber concludes the discussion of promotion on this point: EPMS measures performance and potential.

EPMS will look at the soldier through a pair of field glasses. One lens is marked PMOS performance and knowledge as measured by SQT. The other lens is marked duty performance, attitude and pride in being a soldier as measured by EERs/SEERs. The sharp focus ring is EPMS and the clarity of the image depends upon the soldier. Only he or she can decide whether his or her image of professionalism will be razor sharp.

Hispanic heritage

A part of the Presidio's past

by John Langellier

When the Spanish Conquistadores set out from their homeland they sought more than gold and glory. They and their descendants remained to tame the New World. From the tip of South America to Alaska, Spain sent exploration parties and settlers.

In the vanguard, the Spanish military forces opened new territory for colonization. One such force, under the leadership of Lieutenant Colonel Juan Batista de Anza, trekked overland for more than a thousand miles. He, along with a group consisting of some 240 colonists, soldiers and priests, came to establish an outpost at the Bay of San Francisco.

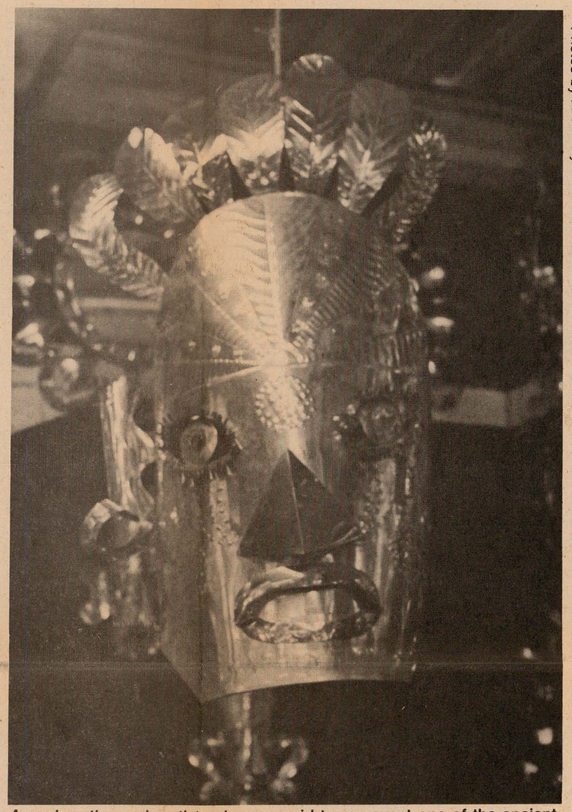
On September 17, 1776, a number of this original party dedicated a walled fort (called a presidio), naming it in honor of their patron, Saint Francis of Assisi. The post chaplain of the day, Padre Francisco Palou, recorded the event in his diary, writing that the ceremony ended with ". . . peals of bells and repeated salvos of cannon, muskets, and guns . . ." Afterwards, the jubilant garrison held a fiesta.

For the next 70 years, Spanish speaking troops continued to occupy the Presidio, first under Spain's banner, and later (after 1822) in allegiance to the tri-color of Mexico. Spanish speaking soldiers manned frontier outposts all over the American southwest as well. Thousands even participated in the American Revolution, fighting against the British in Florida and Louisiana on the side of the 13 colonies.

Yet, despite their determination, Hispanic Americans in California were fated to be swept into the "dustbin of history" with the arrival of large numbers of Anglos in the 1840's. From that period through 1890 a gradual decline of Hispanic political power and heritage resulted. Intermarriage and social pressure to accept Anglo-American norms greatly contributed to this phenomenon. Throughout the United States, the same sad situation came about.



John Langellier, Presidio Museum Curator **(the one with the standard) would have had a hard time leading such a diverse band. The uniforms and weapons can be seen at the Hispanic Section of the Museum which was recently opened here at the Presidio.**



Photos by A.C. Reyes

A modern tin mask, **artist unknown, said to represent one of the ancient Aztec deities. The mask is all tin, and about two feet high.**



Members of the Presidio Museum **pose in a bewildering array of uniforms: a "Soldado de Cuera," Civil War, Spanish American War, Mexican War, Indian War, World War I and World War II.**



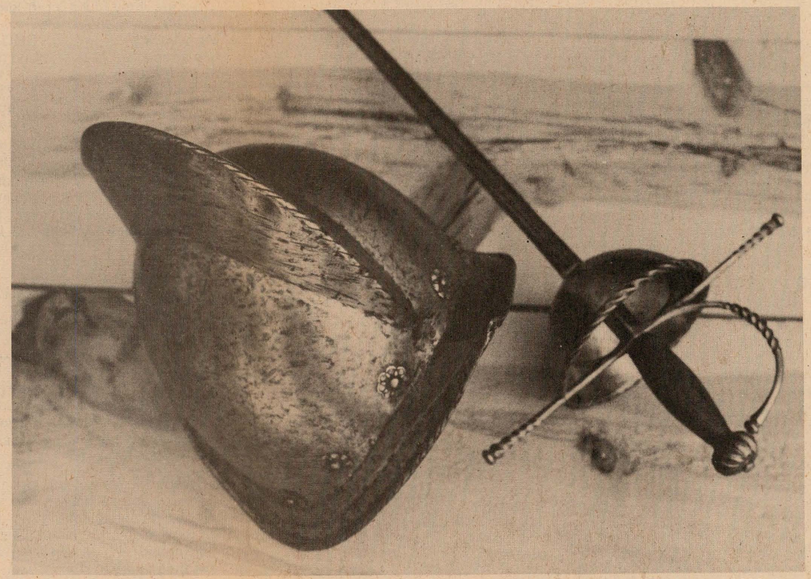
Photo by A. C. Reyes

Morian helmet, steel. **Circa 1600. The Spanish Conquistadores wore this type of protective covering during their forays into Mexico.**

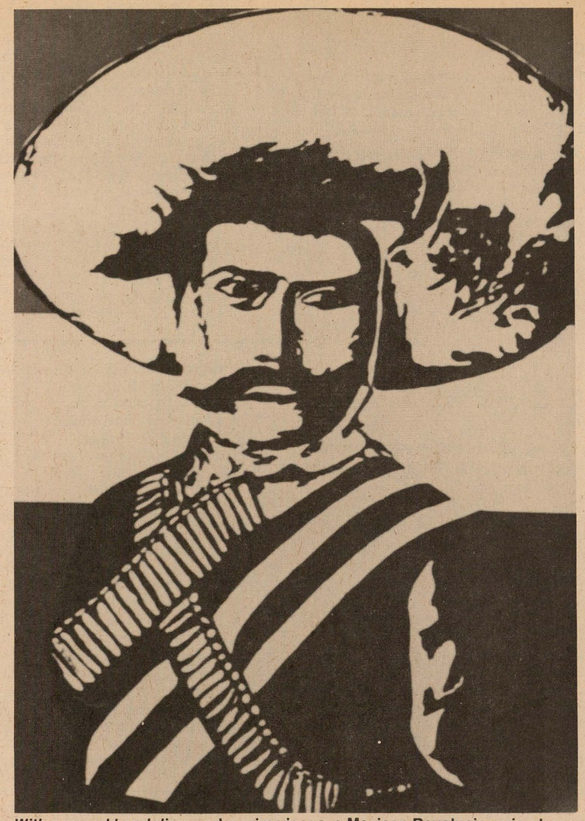
For generations, those of Spanish descent lived in an atmosphere which smothered their birthright. Then, with the outbreak of World War II, a reawakening period gave new pride and hope. The war years witnessed numerous Hispanic Americans in the armed forces. Indeed as Ral Morin pointed out in his noteworthy book, **Among the Valiant,** ". . .At least a quarter of the blood spilled at Bataan" was Hispanic. Seventeen Mexican Americans alone received the Medal of Honor, while the all-Mexican American 141st Infantry Regiment ranked among one of the highest decorated outfits in the war. Other Hispanos contributed in like numbers.

Of equal importance was the exchange of ideas and experience which resulted when the Hispanic American for the first time left his home en masse to join closely with many others of a like background. Today some ten million Hispanic Americans are taking their place in the mosaic of U.S. life. Despite many cultural problems they are struggling forward in their goals for a better awareness of their past, in order to understand the present, and hopefully provide strength and guidance for the future.

Today, some four centuries after the first **Hispanos** set foot on the New World, their customs, architecture and language remain, reminding us of their significant but all too often forgotten legacy. Through the trinity of Hispanic institutions, the pueblo (town), presidio and mission, these people carried a new civilization to this Continent, the vestiges of which constitute an important feature of modern America.



This helmet, and the accompanying rapier, **may not be in vogue anymore but around the year 1600 the well-armed Spaniard did not go out without them.**



With crossed bandoliers **and a grim visage, a Mexican Revolucionario glares from out of a poster. The sombrero and bristling moustache completed the uniform of these soldiers of a bygone era.**

American Indian Day

The story of the California Indians is still being written as archaeologists unearth more evidence of their culture, particularly in the southern part of the state. Hopefully, more of the story can be completed before ancient dwelling sites are covered with cement.

Our first glimpse of California Indians and how they lived comes from the summary journal of the expedition of Juan Rodriguez Cabrillo, the Portuguese navigator in the service of Spain who is credited with the discovery of California. The Indians of the Coast had clear knowledge of other Spanish expeditions roaming in what is now the interior of the United States.

The original Californians had a well-established money system based on shells. However, dried woodpecker scalps with soft red or green feathers were treasured almost as highly, because of their rarity. The lucky Indian who wore a headdress of red or green scalps to a ceremony was the envy of his friends. The tribes living in or near the Sierra Nevada knew of the existence of gold, but it had no value in their society; however, their attitude changed substantially after they realized its significance in the white man's world.



***American Horse,* an Indian sub-chief of the Ogallala Tribe, was one of the Indian leaders who fought against General Custer on that fateful day of June 25, 1876.**

The varied botanical zones encompassed by the state provided a more diversified diet than that available to most other North American Indians. Wild game was plentiful, and natives living near the ocean and fresh water streams enjoyed the bounty of these waters. However, acorns, the fruit of the oak trees growing on the slopes of the foothills and along streams, provided their staple food item, that of the white oak being regarded as most palatable. Acorns were gathered in the fall, usually by the women, who spread them out in the sun to dry, then stored them in baskets or cribs near their dwellings. The acorn diet was equal to that of today's enriched rolled oats.



***During the Mexican Punitive Expedition,* Indian scouts, messengers and soldiers, played an important role in our armed forces.**

The acorn diet was supplemented in part by wild grains, berries and fruits, pinon nuts, edible plants and even insects. These foods were eaten cooked or raw, as taste and custom dictated. Coastal Indians did not grow corn, beans or squash, although their brethren east of the mountains from the Great Lakes to Peru had been cultivating these staples long before the Europeans came to the New World. The Pilgrims would have died if the Indians had not showed them how to plant corn.

California Indians exercised great ingenuity in hunting and fishing. Disguised with the skin and horns of deer, the skillful hunter could creep close enough to kill his quarry with an arrow or spear and nooses were sometimes strung along deer trails. They did not kill bears or coyotes. Rabbits were trapped by snares, speared with sharp sticks or killed with slings and arrows and pigeons and grouse were knocked out of trees as they slept at night. Their flesh was pounded flat before being baked. Quail were caught in cleverly woven traps made of open-work basketry and artificial decoys were used to lure ducks and wild geese close enough to be snared in nets or shot with bows and arrows.

Ocean fish were caught with hooks of sturdy shell or bone and stream fishing was done with spears or with nets and wires. An unusual way of catching fish was by working up a great lather in the water of small streams with the soap-plant root. The lather anesthetized the fish, which were easily plucked out of the water while stunned. Later Spanish and Mexican colonists made good use of the soap-plant to wash clothes — and perhaps they also caught fish.

Basket making was highly developed, the Pomos of Northern California generally being regarded as the most skillful weavers. Baskets often served specialized functions such as storing food, carrying water, and even cooking. Sizes ranged from large burden baskets designed to carry a bushel or more and used mainly for acorn storage, to cup-size baskets for dipping or eating. Various fibers from native plants were used to fashion baskets, the most common probably being the yucca.

A few of the groups used baked clay pots, very well made and roughly similar to those found in other southwestern states. But cooking and eating utensils were rare and simple and fashioned of stone, shell or wood. Knives of flint or obsidian were necessities. Though woven bowls were used by the southern tribes, Indians in the central part of the state used gourd dippers, as well as platters and bowls of wood. Abalone shells also served as bowls. Small river mussel shells were used as eating spoons, and where they were not at hand, acorn mush was eaten by dipping first and second fingers into the pot, as the Hawaiians eat poi.

The Indians' culture was one of strength, beauty and simplicity. But with the increase in the numbers of white men, the Indian way of life was dominated by the white man's way.

American Indian Day, September 26, has been declared the day to remember and honor native Americans and their culture.

The secret eye

A gathering of people and events under the watchful SP typewriter

By Eve S. Dropper

This has been one of those lovely weeks that start out lousy, rapidly deteriorate, then out of the fog-filled skies, comes beauty. So, the week has ended much better than it started out!!! But payday didn't even help the middle of the week any . . . and that's when things are getting bad . . .

This one I thought was pretty good . . . SP4 Jeff Zurinskas has a pilot's license . . . at least I think he still has it. He was out flying around last Saturday when he noticed his oil pressure was dropping . . . so, he courageously made a precautionary landing . . on Crissy Field . . . or what used to be Crissy Field and is now a road. Needless to say, the MP's did notice this unusual occurrence. But, Zurinskas claims he wasn't just in a hurry to get to the PX before it closed. . .

The 170th is back on white hat duty . . . and they've added Pvt. Jeff Trozzo to their list of new peoples. SP4 Charles Womack has ETSed . . . Good-bye, Charlie.

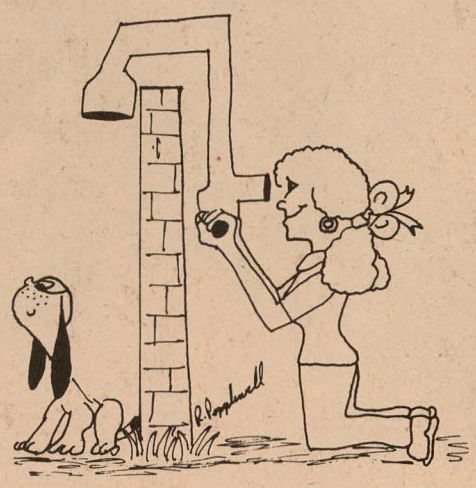
And my ever helpful Alfredo tells me that those people in the band (three of them, anyway) do seem to take inordinate good care of their hands. After all, if the hands go, they wouldn't be able to manipulate their instruments, would they? I guess that explains their walking around with their hands carried very carefully inside their pockets. . . It's also one good way to rip the pockets out. I know . . .

When I goof, I usually do a bang-up job of it! Like last week, I must have been more confused than usual. See, last week I said that Robert McCrainey was the new finance officer. WRONG!!! Major H. D. Flynn is the finance officer . . . and I don't know what Mr. McCrainey does . . . but whatever it is, he does it in finance, and I hope he does a good job of it.

Now, if Alfredo gave you the idea that all the band's been doing is walking around with their hands in their pockets, that's wrong, too. They had a concert Wednesday night and I'm sure was a smashing success . . . and last weekend they played in Lodi . . . in fact, they got number one in the Marching Band Competition at the Wine and Grape Festival . . . wonder if wine tasting improves your musical ability.

Another IG!!!!! It's really amusing to hear all the griping and grumbling that goes on before an IG . . . D Co, 864th had their IG yesterday . . . I DO hope they did well . . . And SP5 Gary Langdon has left for Berlin . . . Pvt Scott Howald joined the 864th from AIT at Ft. Belvoir. AND, this is the biggey . . . THE CASTLE IS FINISHED . . . and don't you dare say 'so what' . . .

Capt. W. R. Taylor is TDY to Aberdeen Proving Grounds from the 227th Medical Detachment. He's going to learn about Current Trends in Environmental Engineering and Sanitation . . . whew . . . That is a mouth full.



The end of the week . . . how nice. And this one I'm especially looking forward to. My best friend and her brother (I went to high school with them both) are coming to visit me!!! yay!!! And we're going skiing. I love it!!! And camping . . . and who knows!!! I do want to see Alcatraz while they're here . . . So, peoples, I hope your's is as nice as I think mine will be!!! Take 'n take 'n keep on whatevering. I will.

Helping them help you





Above: **During the war years, this poster was used to help solicit funds for refugee relief and assistance to the Armed Forces and their families.**

Right: **This well-known poster is one of the most famous in the history of United Way giving. It represents the Depression years. To meet extreme needs, fund-raising priorities were focused on basic needs - food, clothing, shelter and medical care. At the rock bottom depth of the Depression, Community Chest contributions rose by 14 percent, the highest figure in its history.**

"Hey man! You're not asking for money again, are you? What's the matter with you? Don't you know I work for the government?"

Amid grins and giggles, the answer comes through, loud and clear.

"Of course I am! And you really ought to give your fair share."

"For what? I should give my money so the CO can get an extra brownie point for getting everyone in the company to give? No way, man. I got better things to do with my money!!"

"Like what?"

"OK, dig. Friday night's coming up, right? Then Saturday night, so, just be cool. My money's already going to a charity . . . ME."

"Yeah, sure, but what about the people who need your help? What about them?"

"Hey, those people are drawing welfare and making more money than I do. So, back off. Besides, none of those charity organizations help me any."

"Oh, really? Listen, maybe some of the people helped through the Combined Federal Campaign are on welfare, or receiving other financial aid, but only a portion of the United Way Agencies are created to give financial assistance.

"Do you really think you're not helped in any way? Wake up, man! Look around you.

"You got kids, right? Your sister has kids, too. CFC helps fund Community Day Care Centers. It takes $11.00 to keep one child for one day giving him or her the needed back-up education for quick learning and one hot meal, which some kids don't get very often at home. And have you ever heard of Family Service Agencies? Whether you live on or off post, you are a part of the local community. Family Service Agencies get money from CFC and they work to bring new and better services to the community. Plus, they offer counseling if you need it."

"Yeah, well, that's closer to home, but I'll probably never use it. Like I'll never use the Heart Association."

"Hey, be real. You hope you'll never need them, but who knows? Better not count your chickens . . . you play the guitar, don't you?"

"Sure, but what's that got to do with this CFC thing?"

"Well, some of the money will go to the Community Music Center. This center offers music classes, concerts and helps introduce inner sensitivity and discipline. If centers like this one were not in operation, just think how many voices would be silent, and how much beauty would be lost. It takes $15 to sponsor one class in Beginning Group Music for Children, and that's not much! Plus, it'd give you a good feeling. But, if you don't get off on feeling good, it's also tax deductible."

"Hey, man, those other kids ain't my responsibility! I got to worry 'bout my own kids first."

"OK. Let's talk about your kids. Are they in the Boy or Girl Scouts?"

"Yeah, my boy's in the Scouts. What of it? They do a lot of good things for the kids. My boy goes camping and he's learned a lot about taking care of himself, plus he's making some good friends."

"Right! My point, exactly! Money from CFC goes to Scouting. Some of it goes to Boys Clubs, too. And suppose something were to happen to you? CFC also helps fund Big Brother organizations. So, don't tell me none of the organizations help you.

"You're military, right? What about the USO? The entertainment and social events they organize are a mainstay for many soldiers. It's always been a home away from home. Hey, they really help.

"And what about the YMCA and the YWCA? Both of these organizations offer all sorts of services, from camps to swimming lessons. If you're not using the 'Y' now, that's your fault, not mine."

"OK, OK. So maybe some of these groups do, or could help me. But, they don't depend on my few dollars, so if I need them, I'll give some money then."

"Sure you will . . . but what if everybody felt that way? For organizations that depend on contributions to keep operating, well, you might be a little too late. Like the doors to Suicide Prevention may be closed, and their telephones disconnected. Red Cross may not be able to help as many disaster victims. And one of those victims could be you. You scoff, but think of all the flash floods that wiped out thousands of people, and the ones that made it through the flood didn't have a lot to go home to. And all the people with physical handicaps. What's that old saying . . . 'There, but for the grace of God, go you and I'? And the old song, 'Count your blessings'?"

"Really, what can I say? Point made, and well taken. I guess I can afford just a couple of bucks a month. I'll never miss that! Sure, let's get this together. I mean, as long as it's tax deductible, and you can take it out of my check so I don't have to worry about it, why not? I may be helping myself at the same time, too."

Happy Birthday, Presidio

Dear Colonel Lodge:

On the occasion of the bicentennial anniversary of the Presidio of San Francisco, it is a pleasure to extend congratulations and best wishes to the men and women of the installation.

The Presidio of San Francisco has a long and illustrious history dating to 1776. Throughout the years, the installation and its personnel have served faithfully and efficiently. Constructed by the Spanish, the site was not occupied by American troops until 1847. The "Presidio" has been headquarters for some of the Army's most illustrious commands, including the Fourth U. S. Army, and today it houses the Sixth U. S. Army, Letterman Army Medical Center and other major headquarters. Its contributions to the celebration of the San Francisco Bicentennial have been significant.

The men and women of the Presidio of San Francisco can take pride in their achievements and their contributions to the FORSCOM mission.

BERNARD W. ROGERS
General, U. S. Army
Commanding

Knowing a little can help a lot

"Dear Mom and Dad:

We have planned a program which will familiarize your child with the hospital before his or her scheduled admission. At that time, we hope to answer any questions you or your child may have about a hospital stay. Research shows that hospitalization is better accepted with a hospital visit before admission.

Sincerely,
Pediatrics Clinic, LAMC"

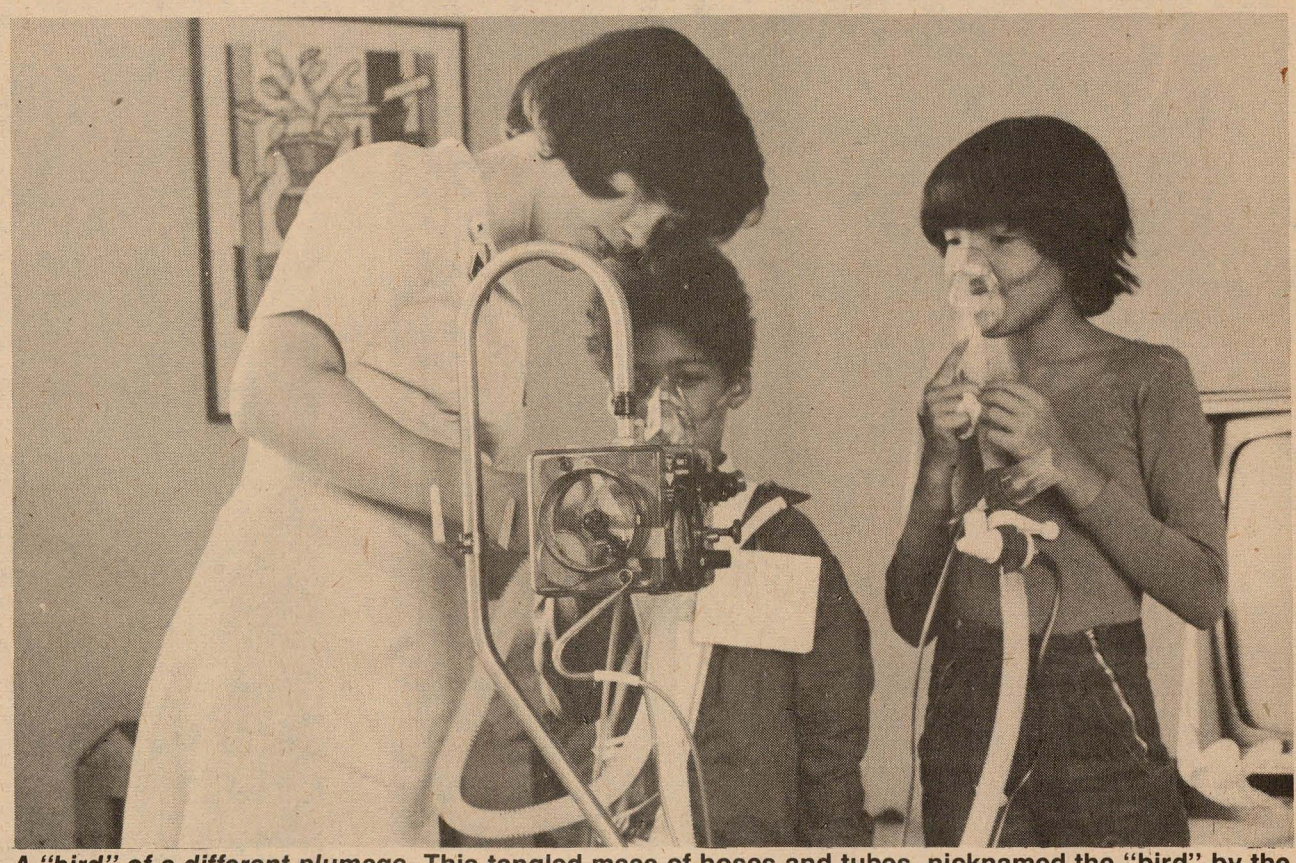
If you have a child who is going to be admitted to the hospital, this is a program to check into. On the second and fourth Saturday of every month, Dr. Leedell Reuben, Cpt., MC, directs a prehospitalization orientation program for planned pediatric admissions. It's a program designed to make a child's hospital stay an easier one for everyone.

Why do children need an orientation?

Both parents and children have emotional reactions to hospitalization. An orientation program helps them to understand and cope with fears of the unknown; of abandonment, bodily harm, punishment and guilt, and fears of death.

How does orientation help?

A preview is a chance to become familiar with the hospital experience without being involved in it. It brings up questions that can be answered before they become problems. Many children look forward to their hospital stay after they've been to the orientation.



Story and photo by Kathi Stauffer

A "bird" of a different plumage. **This tangled mass of hoses and tubes, nicknamed the "bird" by the hospital staff is used to regulate respiration. Getting acquainted with the "bird" are Denise Jones and Chad Huggins. Giving a hand is Sandy Childs, Red Cross volunteer, here at Letterman.**

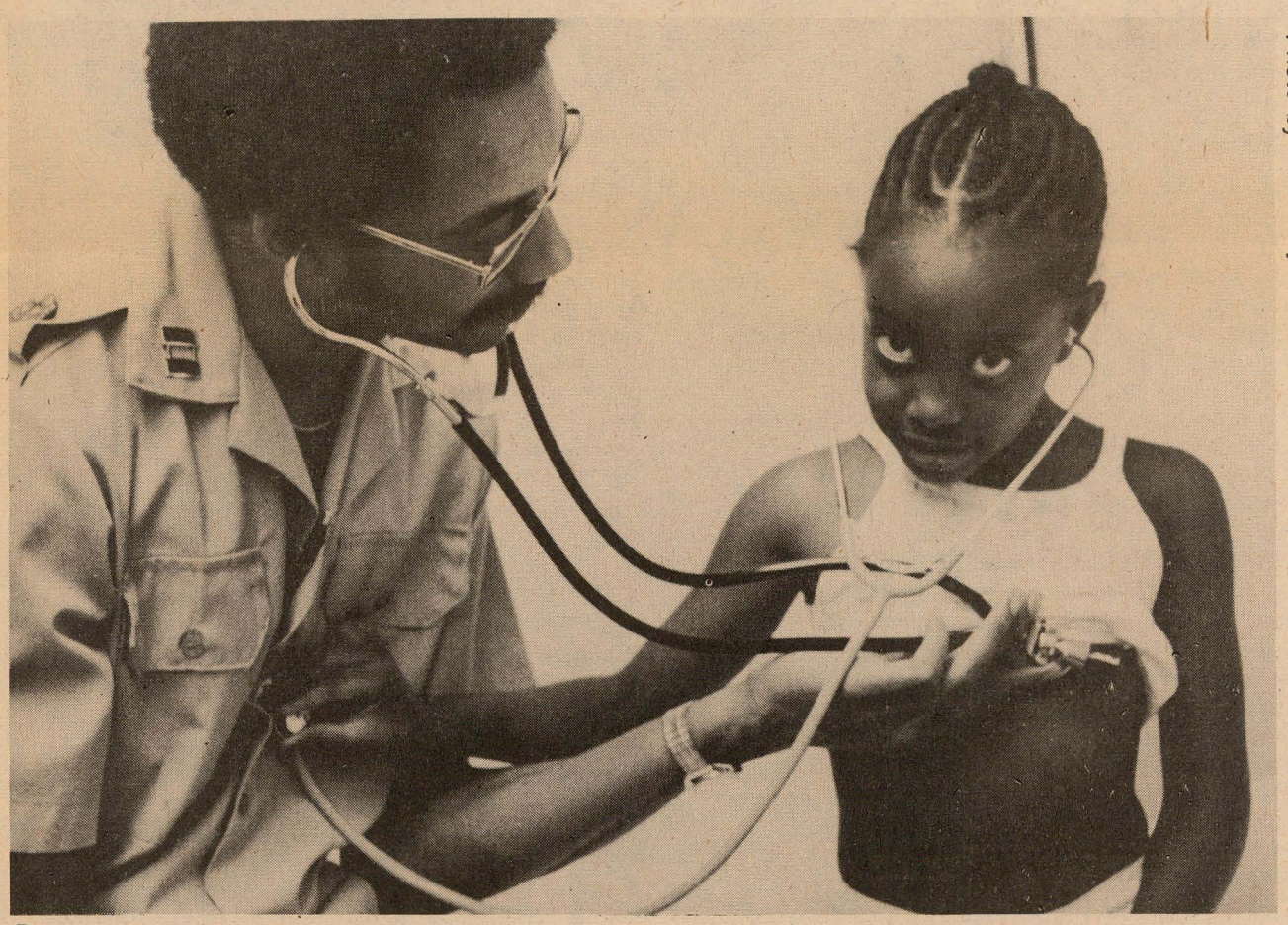


Photo by A. C. Reyes

Dr. Leedell Reuben **shows Arcella Ross, six, how things at the hospital tick.**

What do people that have been to the orientation have to say about it?

"I found it helpful and I know my daughter did, too. I have an older child who had a T & A (tonsils and adenoids) four years ago and the hospital experience was very upsetting to her. She was afraid and didn't know what was happening."

"Showing the recovery room made all the difference in the world because that is a frightening place to wake up."

"It was very helpful. I hate to think of what fear my son would have felt. This way he was able to associate with the different rooms and procedures."

Who can attend?

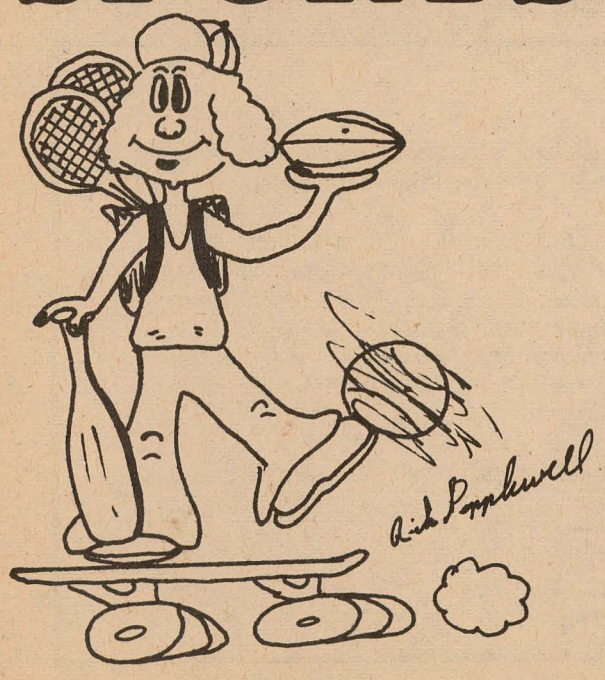
Currently children are coming to the program on referral from various surgical specialties. In the future it is hoped that more children will be able to participate. Plans are being made to include small groups of healthy children not preparing for surgery in our orientation. So many admissions are unexpected, and these can be the most frightening of all.

Where can you find out more about the program?

Dr. Reuben is assisted by Bruce Deason of Social Work Services, ext. 3208, Sandy Childs and Kathi Stauffer of Red Cross, ext. 4922, and JoAnn Tobiasson from Dept. of Pediatrics, ext. 4268. If you have questions, they would be happy to answer them for you.

What they're trying to do is show that doctors are really nice guys, things aren't as scary as they look, and hospitals are O.K. places.

SPORTS



Flag football results

The results of the first week of flag football are as follows:
LAMC #2, 21 — 16th BPO, 0
402d MP's, 9 — USAG, 6
864th Engr, 14 — LAIR, 12
LAMC #1, 18 — 170th MP's, 6
LAMC #2, 42 — 51st Engrs, 6
504th MP's, 24 — WRRC, 12

The Kegboard

When the Intramural Winter Bowling League action opens next week, the program will have a brand new look.

Reorganized after the summer program, the Winter Leagues will sport a total of 27 teams in three separate leagues. The third league was added to thin down the overloaded Fort Scott league and will carry the fringe benefit of adding a couple of teams to the program in the race for the Commanders Cup Trophy.

Composition of the three league program is as follows: Presidio League—Headquarters Commandant, USAG #1, Support Element #1, LAIR, USACC, 864th Engineers, 51st Engineers, LAMC #1, and the 170th MP Company #1.

The newly established Golden Gate League will be made up of the 525th MI Group, 16th BPO #2, USAG #2, AFPD, LAMC #2, 87th Ordnance, 227th Medical Detachment, 163rd MP Detachment and the 504th MP Battalion Headquarters.

Making up the Fort Scott League will be SFFO-CID, USASA, 16th BPO #1, 525th MI Group, 6th Region CID, Support Element #2, 170th MP Company #2, 402nd MP Company and LAMC #3.

With nine teams in each league, the tenth spot will be a bye. Teams scheduled the bye each week will not bowl.

Gutter-ballers from the Presidio League will compete Tuesday nights; the Golden Gate League, Wednesday night; and the Fort Scott League, Thursday nights.

U.S. Government Printing Office, 1975 Jacket 690-081, Print Order No. 56

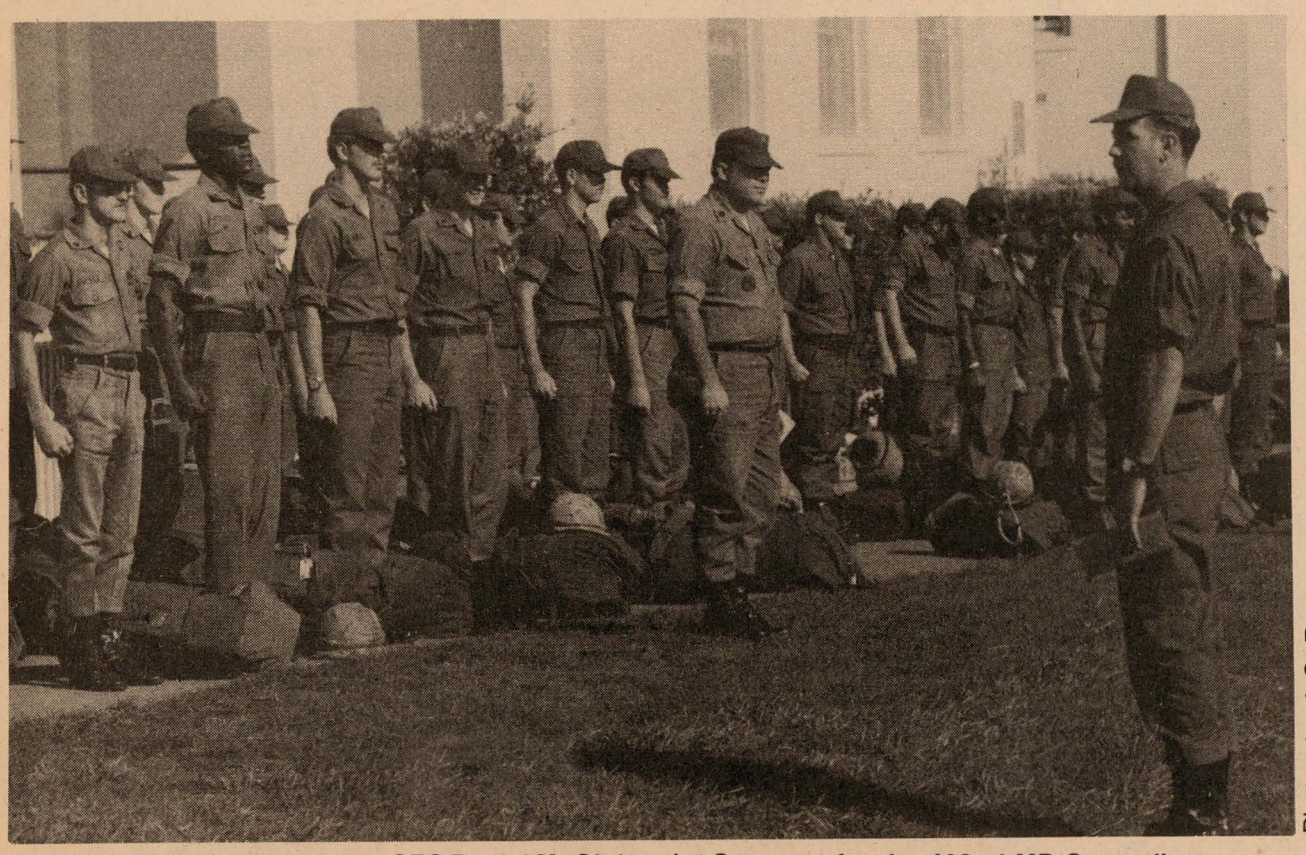
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The Eagle returns

402nd troops trap trophy





Photos by A.C. Reyes

During a deployment exercise **SFC Daniel McGinley, 1st Sergeant for the 402nd MP Co., calls a formation to give last minute instructions.**

Packed up bag and baggage, **they're movin' out.**

by Ron Renouf

As the members of the U.S. Army Military Police Corps celebrate their anniversary today, the men and women of the 402nd Military Police Company at the Presidio have something special to celebrate.

The Eagle Trophy comes home today.

Presented to the U.S. Army Forces Command military police unit that is judged to most epitomize the spirit of combat readiness, the presentation of the award this morning at Forces Command Headquarters, Fort McPherson, Georgia marks the second time in the three year history of the award that a Presidio based unit and a company of the 504th Military Police Battalion has won it.

When the award was initiated in Fiscal Year 1974, it was the 170th Military Police Company here that claimed the honor of "Top White Hats." Last year, the 82nd Military Police Company at Fort Bragg, N.C., took it. This year, the 402nd is returning it to the Presidio.

Commanded by 32-year-old Captain Raymond A. Reass, a Philadelphia, Pa., native, the 402nd participated in activities from up and down the west coast, to Fort Chaffee, Ark. as part of their award winning performance during the past year.

In July, 1975, men of the unit underwent Special Weapons and Tactics (SWAT) training at Hamilton Air Force Base in California. Also that month, they were on the range for familiarization firing with the 12-gauge shotgun and qualification firing with the .38 and .45 caliber handguns.

From late July through mid-October, the company saw duty at Fort Chaffee, Ark., providing security at the refugee camp established there in support of those who fled Southeast Asia in the wake of the communist takeover.

Returning to their home at the Presidio, they spent the remainder of the month participating in FBI SWAT training again—this time at Tiburon, Ca.

Training tapered off for the holidays, but February saw a 400-mile plus motor march to Fort Irwin, Ca., where the unit was involved in Exercise Bold Eagle—an exercise that showed their ability to operate in desert terrain.

Upon their completion of the exercise at Fort Irwin, the 402nd conducted their annual Chemical - Biological - Radiological (CBR) Proficiency Test. Following that tearful experience, it was back on the Fort Barry range to qualify again with the .38 and .45 caliber handguns.

In June they took to the road again, this time to the range at Fort Ord, Ca., to fire the M-16 rifle and M-60 machine gun. During the same month, they moved on to Hunter Liggett military reservation, south of Fort Ord, to conduct yet another Field Training Exercise (FTX).



During a short lull **in the deployment exercise activities Tuesday, this sergeant takes a breather.**

When they returned home, they found a physical training (PT) testing waiting for them.

And yet in spite of their heavy training schedule — or perhaps because of it — they were still able to perform the second of their four major missions to the post — that of performing law enforcement/crime prevention activities within the confines of the Presidio and its sub-posts every other month.

The training itself accomplished the first mission — that of being prepared at any time to deploy anywhere in the world.

The third item in the 402nd mission states that they will participate in military funerals, posthumous award ceremonies, honor guards, color guards, and salute batteries. They normally catch these duties during the second two-week period of their training month — the month they are not providing law enforcement support to the Presidio.

And finally, the men and women of the 402nd Military Police Company are required to be ready to perform a civil disturbance mission within any area of the Continental United States. This activity requires many more hours of strenuous training to develop and maintain peak proficiency.

During the period of time the 402nd was at Fort Chaffee, they also remembered their responsibilities at home by contributing approximately $14,000 to the Combined Federal Campaign last year.

Personal development through the field of education is high on the list of priorities established by Capt. Reass. Presently, nearly 94 per cent of all personnel assigned to the company have high school diplomas. Eight received theirs during Fiscal Year 76 or are presently enrolled at the Education Center for this purpose.

During presentation ceremonies this morning at U.S. Army Forces Command Headquarters, Fort McPherson, Georgia, Captain Raymond A. Reass, commander of the 402nd Military Police Company received the trophy from Colonel A. A. Ackerman, chief of the provost marshal's law enforcement division.

Hot flash. . .Hot flash

New FORSCOM commander

Secretary of Defense Donald Rumsfeld has announced that Lieutenant General Frederick J. Kroesen, Jr. has been nominated by President Ford as the next commander of U.S. Army Forces Command (FORSCOM), headquartered at Atlanta's Fort McPherson. Upon Senate confirmation, Lt. Gen. Kroesen will receive his fourth star as the Commander of the nation's largest operational military command.

The new FORSCOM commander, currently serving as commander of the VII Corps in Europe, will succeed General Bernard W. Rogers. Gen. Rogers is to become the next Army Chief of Staff. Lt. Gen. Kroesen, the first Army OCS officer to be selected for 4-star rank, is expected to arrive at Ft. McPherson in October.

Museum historian honored

Once a year the Fellowship in the Company of Military Historians selects members of their organization for a fellowship. Last Friday, John Langellier, Curator of the Post Museum, was presented this award.

Formed in 1949, the Fellowship has 2,000 members in the United States and 15 foreign countries. This organization has a small selection rate. This year there were 200 applicants, and only 17 were selected. Members are nominated by their peers in the organization, and a nominating committee makes the final vote. To become a member, a Fellow has to sponsor you, but when you join, your are not yet a Fellow. Only 10 per cent of the members can be Fellows, and this membership is yours for life.

Mr. Langellier received the Fellowship for his work with the museum, the Bicentennial unit (concepts, uniforms, etc.) and as president of the California and Nevada region of the Council of Abandoned Military Posts (CAMP).

The award was presented to Mr. Langelier last Friday by Colonel George Pappas, retired, National President of the Fellowship.

Band receives trophy

Lieutenant General Edward M. Flanagan, Jr., Commanding General, Sixth U.S. Army, presented a first place award to the Sixth U.S. Army Band during its monthly concert on Wednesday, September 15.

The trophy, from the Huntington Beach, Ca. Chamber of Commerce, acknowledged the band's outstanding performance during the July 4th Parade. Nineteen bands participated in the parade, which was viewed by 800,000 people.



Photo by A. C. Reyes

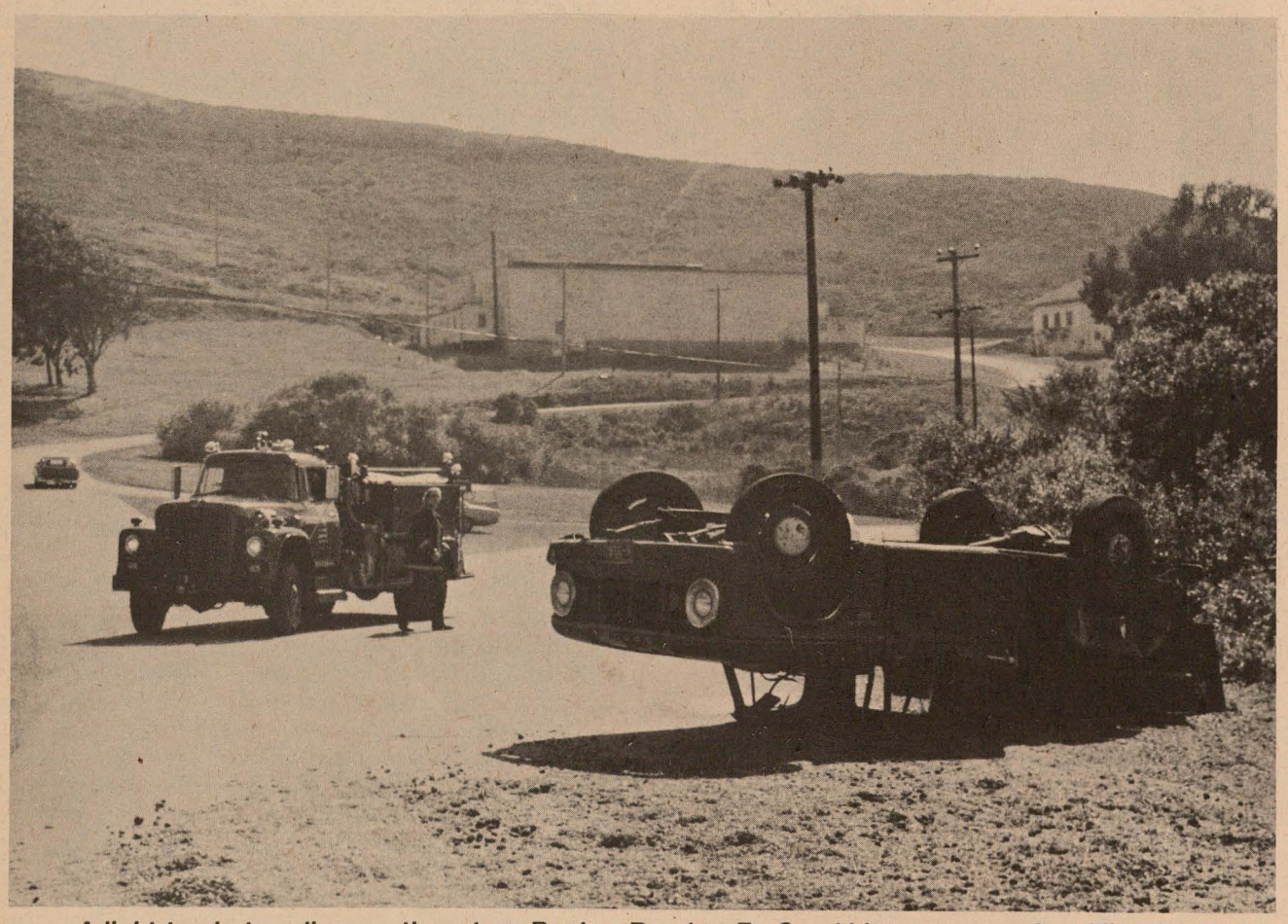
When the Presidio plants a tree, **it plants a tree. Last week several dead palms bordering the main parade field, were replaced with fully grown, healthy trees.**

Watch that deadline

You're not cooperating! Any article submitted to the Star Presidian must be received by Wednesday noon for publication in Friday's paper. Lately we've been receiving frantic phone calls Wednesday afternoons requesting that an "urgent" notice or article go in that Friday. If the notice is important, send it through distribution at least several days in advance of the deadline, or else hand carry it. Also, please type all articles, double space and use civilian time. For those of you who already do this, thanks.

Drawing class

A beginners and intermediate drawing class will begin September 28, continuing Tuesday evenings from 6:30 to 9:30 p.m., for an 8-week duration. Active duty military will be given priority, however, in case of space available, retired military and dependents are urged to sign up. The class will be taught by Mr. John Doane, instructor at San Francisco State University. For class registration, stop by the Crafts Shop, Bldg. 122, or call 4497.



A light truck, traveling southwest **on Bunker Road at Ft. Cronkhite, overturned, spilling its load across the road last Friday around 3 o'clock.**

According to the driver, the accident occurred when he attempted to shift to a lower gear while negotiating a curve. The tires lost traction when they hit loose gravel, causing him to lose control. Miraculously, the only injury seemed to be a nasty scrape on his right arm.

Prompt action by the Cronkhite Fire Department, with assistance from the Park Police, prevented any serious incident, as gasoline was running out of the truck onto the road.

Rec Center happenings

The Presidio Recreation Center extends an invitation to all post personnel to attend its Magic Show with Victor Kirk, on Friday, September 24 at 8 p.m. The show is geared for the whole family. On Saturday at 9 p.m., all Country and Western fans have their night with the music provided by the Country Gravy Combo. J&J Fashions presents a fall fashion show on Sunday, September 26 at 7 p.m., modeling the newest for the new season. The fashion show will be followed by a Disco dance.

On September 27 at 6 p.m., see the Monday night football game on the new giant screen TV.

If you are a football fan, this is a great treat. Wednesday, September 29 at 9 p.m., is "Dr. Webb's" Disco Dance.

Undergraduate program

Pepperdine University plans to offer a new undergraduate degree program this fall. Classes leading to a Bachelor of Arts in Human Resources Management are expected to be held at Alameda Naval Air Station if there is sufficient student interest.

The course work combines the behavioral sciences with business organization and management. Since it is on the upper division level, students need to have previously completed two years of college or its equivalent in order to be admitted. Courses will meet on Thursday and Friday evenings and weekend days.

Military personnel or civilians who want further information about the program are invited to visit or phone the Fort Scott Education Center, Bldg. 1216, ext. 2974 on September 27, from 11 a.m. to 3 p.m. or the Letterman Education Center from 9 to 11 a.m., Bldg. 1007, ext. 4030, for an opportunity to speak with a Pepperdine representative.

Ceramics

Two separate beginners and intermediate ceramics decorating and glazing classes are being offered. The first will begin September 24, continuing Friday evenings from 6:30 to 9:30 p.m., for eight weeks. The second will begin Tuesday, September 28 from 2 to 5 p.m., for eight weeks also. Active duty military and dependents are urged to sign up; also retired military and their dependents. However, active duty will be given priority. These classes will be taught by Ms. Marsha Blaker, graduate student of ceramics at San Francisco State University. For class registration, stop by the Crafts Shop, Bldg. 122, or call 4497.

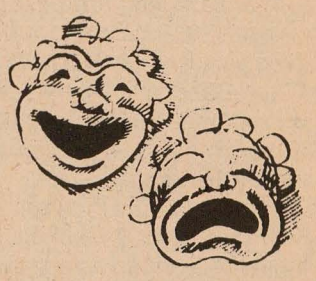
Movies

PRESIDIO THEATER

Friday, September 24, The Bad News Bears (PG), 7 p.m.
Saturday, September 25, The Bad News Bears (PG), 7 p.m.
Saturday, September 25, special matinee, Mr. Superinvisible (G), 2 p.m.
Sunday, September 26, Silent Movie (PG), 7 p.m.
Monday, September, Silent Movie (PG), 7 p.m.
Tuesday, September 28, Abduction (R), 7 p.m.
Wednesday, September 29, Double Feature, Uptown Saturday Night and Let's Do It Again (PG), 7 p.m.
Thursday, September 30, same as September 29.

SCHWARTZ/LETTERMAN

Friday, September 24, The Wind and The Lion (PG), 7 p.m.
Monday, September 27, The River Niger (R), 7 p.m.
Tuesday, September 28, The Bad News Bears (PG), 7 p.m.
Wednesday, September 29, Silent Movie (PG), 7 p.m.
Thursday, September 30, Abduction (R), 7 p.m.



Star Presidian

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Colonel Warren J. Lodge, commander
Major Michael J. Williams, public affairs officer
SP4 Carol Cronin, production and feature editor
SP4 Rebecca Sherwood, news editor

Vote:

or you deserve what you get

by Ron Renouf

Hi. I'm an American and I'm asking for your vote. Not for me personally, but for the candidate or party of your choice. I just want your vote.

The percentage of us in the military who take time to vote has, in the past, been low to the point of ridiculous. Particularly when you consider that it is we who may well have the greatest stake in our nation's future.

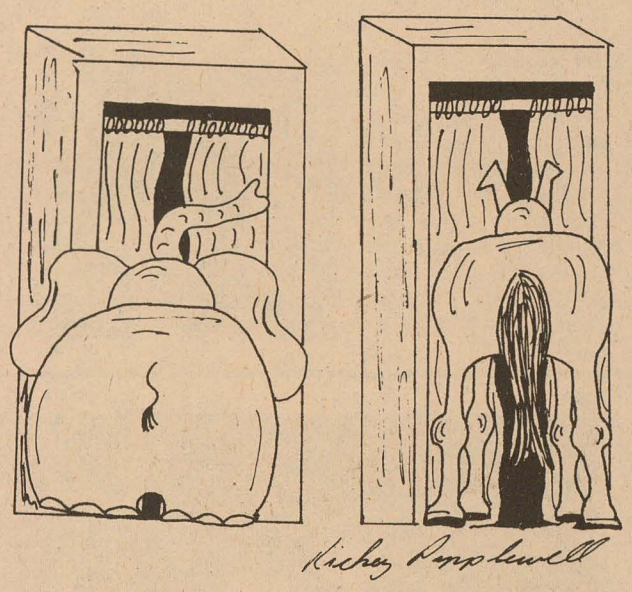
Our counterparts in the civilian community have some valid excuses for not exercising their right and responsibility in this area. After all, they may have to stand in line for a few minutes, the parking situation may be poor in the area around the polling place, or the weather may be disagreeable.

But those of us voting by absentee ballot don't even have these excuses.

Basically, all that is required is that you know how to spell your name and address back home and be able to write these items on the post card application. For those of us who may have a problem with our name, there should be someone around who can assist.

Your unit voting office has the post card applications. For Post Headquarters, it's Capt. Brian Borders in the adjutants section. Other unit voting officers and their telephone numbers are: 504th, Capt. Robinson, 5041; Hq Co USAG, Lt. Tucker, 4277/4279; 16th BPO, Lt. Moore, 4420/3926 and at the 864th Engr., Lt. Chaufty, 4744.

Once you've filled out the post card, your voting officer will notarize it and assist you in addressing it to the proper office.



The Registrar of Voters for your home town area will then forward the official ballot for your area to you. From then on, it's a simple matter of marking an X in the blocks of your choice and putting the envelope back in the mail.

Very simple, painless and not at all time consuming or inconvenient, but one of the most important actions you will ever take in fulfilling your responsibility as a citizen and in having a voice in the future of your nation.

Inflation hits clothing sales

Fighting inflation can get to be as tough as battling it out with the world's heavyweight boxing champion. You almost always lose. But, every once in a great while you can get in a good punch or dodge a few blows.

One way to sidestep inflation is to make your needed purchases at the quartermaster clothing sales store before the end of this fiscal year, October 1. Prices on many items will increase at that time, according to Herb Smith, manager of the store.

The price raise stems from a general, nation-wide cost of living increase. Although none of the prices are decreasing, most of them are only being boosted a few cents.

However, some items are going to sell for considerably more during this next fiscal year. These are the items Mr. Smith has stressed buying before the increase takes effect.

WOMEN	OLD	NEW
Duffel bag	7.01	8.64
Wool Jacket	38.80	60.00
Handbag	23.20	28.20
Pot Hat	18.30	19.50
Havelock	3.80	6.79
Wool Overcoat	49.80	69.00
Skirt, Poly/Green	5.61	6.66
Towel, Bath/White	.90	1.16

MEN	OLD	NEW
Duffel bag	7.01	8.64
Garrison Cap	1.81	2.39
Coat, Poly/Wool	25.70	30.40
Trousers, Wool	9.70	10.30
Trousers, Poly/Wool	6.87	7.14

Store hours are 10:30 a.m. until 4 p.m., but they will be closed September 30 for inventory and repricing.

Warrant officer openings

by Ron Renouf

If you've been thinking about applying for a warrant officer appointment, now is the time to act.

According to Specialist 5 Janice Pierce, personnel branch, a total of 36 warrant MOSs are now open for active and reserve component soldiers as well as for members of other services.

Those fields now open for application are: Special Identification Technician, Pilot, UH-1, Aviation Technician, Meteorology Technician, Field Artillery Radar Technician, Field Artillery Missile Systems Technician (Pershing), Air Defense Missile Systems Technician (Improved Hawk), Chaparral/Vulcan Systems Technician, Air Defense Missile Systems Repair Technician, (Nike) Nuclear Weapons Technician, Land Combat Support Missile Systems Repair Technician and Electronic Warfare/Intercept Equipment Repair Technician.

Also on the list are Communications-Electronics Repair Technician, Fire Distribution Systems Repair Technician, Ammunition Technician, Armament Repair Technician, Ordnance Shop Technician, Airdrop Equipment Repair Technician, Master of Coastal Vessels 250 Gross Tons, Chief Engineer Coastal Vessels 75 horse power and First Assistant Engineer Coastal Vessels of 1200 horse power, Engineer Equipment Repair Technician, Automotive Maintenance Technician, Unit Supply Technician and Survey Technician.

Rounding out the fields open for application are Reproduction Technician, Food Service Technician, Criminal Investigator, Army Attache Technician Assistant, Image Interpretation Technician, Prisoner of War Interrogation Technician, Order of Battle Technician, Traffic Analysis Technician, Emanations Analysis Technician, Unit Personnel Technician, Club Manager and Date Processing Technician.

In general, applicants must be between 18 and 46 years old (minimum age for women is 20) or between 18 and 28 for flight training. They must also have GT scores of at least 110 and have education and practical experience for the field desired. For all the facts, check with personnel actions branch.

Women applicants accepted for aviation officer flight training are prohibited from MOS qualification in aviation MOSs 100E, 100G, 100Z and aviation skill qualifications identifiers 1D, 1J, 1M and 1Z. In addition, women may not be assigned to category 1 combat units even though they qualify with a UH-1 rating.

The secret eye

A gathering of people and events under the watchful SP typewriter

By Eve S. Dropper

Well, I was right!!!! (for once!!) My weekend was absolutely perfect!! I really don't think I could've asked for better weather, company, or activity!!! Not only was everything perfect, but I even did well enough on skis to say, "I know how to ski". And I'm really proud of it . . . after drinking half the lake, I deserve to have a few pats on the back, even if I give them to myself!!!!

Hey, peoples, the theater people aren't trying to hassle you about showing your ID's. . . and it's really little enough to do to save $2 to $3 on a movie . . . plus they usually have pretty recent movies.

I hear SFC Leo Wafford, from the 163rd MP's, is in the hospital . . . heard it was with ulcers . . . 'course, he is the 1st sergeant, so maybe it's one of the hazards of the job . . .

The 864th Engrs. got a new CO. Capt. John Dowell, from Ft. Ord, will replace Capt. John Gates, who's going to IX Readiness Region . . . not to far, but it's still a change. SSgt. Isom Reed will possibly be the new supply sergeant for the 864th. SSgt. Reed recently got here from Germany . . . welcome home, sarge. And SFC Charles Cartwright, here from Germany, too, will be a new platoon sergeant.

Along with the old and new folks coming and going from the 864th, they did get a satisfactory IG. . . bet you're glad, too, ain't ya???

Don't forget the Hof Brau . . . it's open till 9 p.m. and has all kinds of goodies . . . like beer (not just draft, but bottles, too) sandwiches, potato chips, etc . . . and it's a 60-day test period, so if you don't want to lose that too, better make use of it!!!

D Co., 864th hasn't lost too many peoples, in fact, they've lost only one, a PFC James Margeson, who is now a civilian.

All right!!! The day room, at Garrison, is having a keg party. . .FREE!!! There'll be beer, soda, and snacks, starting at 4:15 p.m., and lasting 'till . . . so, be there . . . it may be fun!!!!

Speaking of MP's, Sgt. John Reyes and SP4 Eric Steele, from the 170th, caught a couple of civilians in the act of housebreaking and larceny down by the commissary (bldg. 1185, to be exact). These guys were in the process of making off with a typewriter, and I don't know what else . . . But, I imagine they're in a world of hurt, cause they were turned over to the FBI . . . See, it's true. Crime doesn't pay . . .

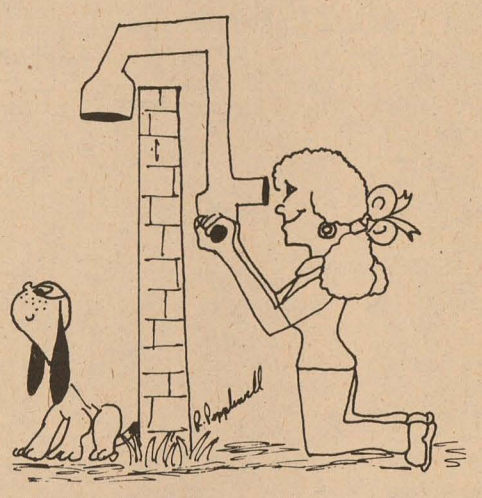
Capt. W. R. Taylor, from the 227th is back from TDY . . . kinda short, but I hear he's quite pleased with the school . . .

The 16th BPO had a luncheon last Friday at the Red Boy Family Restaurant for Capt. Robert Root who is going to work at Personnel and Lt. Monte Mingus is taking the position of CO. Capt. Root's farewell luncheon was definitely well attended . . . 35 peoples out of 40 ain't bad . . . and I hear the only reason it wasn't 40 out of 40 is because they had to leave some bodies to guard the camp . . . I know they'll miss ya, sir . . .

For a duty straight out of AIT, the Presidio ain't bad . . . and AIT is where Pvt. Jeanette Jackson was before she joined the 16th BPO. SP5 Willie Thomas came here from Korea, and SP5 Arnold Jones did, too. SP4 Michael Bowers just got back to the States from Germany . . . Welcome to the Presidio . . .

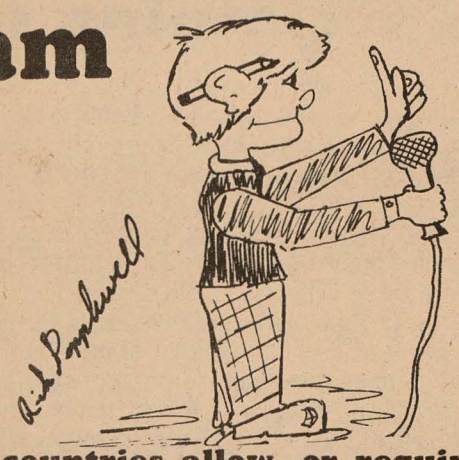
Down at the 504th, SFC York came in from Germany and will be working at the Bn. communications shop. MSgt. Calvino got in from Korea and will be working with the PMO operations sergeant. SFC Russell moved from the 504th to work at fiscal security (I do wonder what they do there . . . it's an interesting name. First time I heard it). I do wish I knew your first names, peoples . . . but with things as paperworked as they are . . .

Two MP's, from the 402nd apprehended a stolen vehicle (I love that!!! I'll bet it was really a car! This was just a routine licenses check, but Sgt. Craig Mattews and SP4 Ronald Doman did a job on the thief. (Yes, they did. They caught him!!) After turning the robber over to San Francisco police, our guys were informed this character was wanted on two other counts, too!!! YEH, guys. You done good!!!



Another week . . . but who really cares. The passing of time is inevitable, and I'm happy . . . hope you are. Don't forget to get your absentee voting ballots filled out and mailed in . . . it's really not hard at all. Remember, the president is your commander, so, keep your voice alive . . . Take 'n take 'n keep on whatevering, peoples. I will.

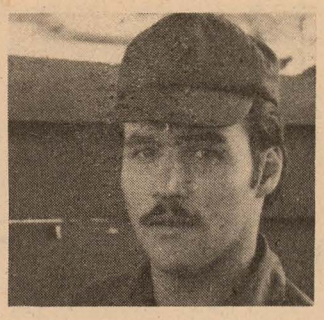
Ramblin' Sam



Some countries allow, or require, their women to fight alongside the men in their armies. Do you think this will ever come to pass in the U. S. Army?



SP4 Cheryl Frederick-sen, 402nd MP Co. Yes, I feel that U.S. women will definitely see combat in the near future. But I also think that we should have the option of whether we want to fight or not.

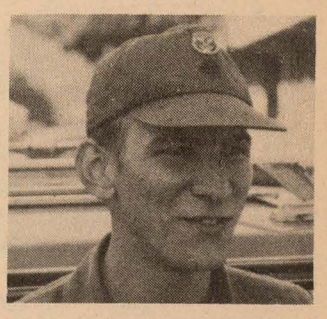


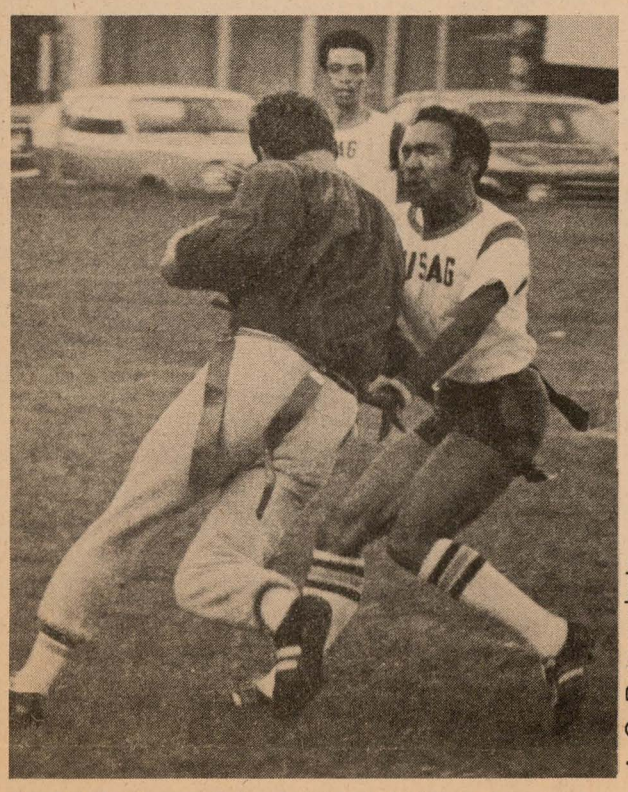
PFC Mike Dodig, Hqs Co. USAG. I don't think they are ready for that. Who, the women? No, the men. I don't think the men are ready to trust their lives to women combatants.

SP4 Jane Brown, 402nd MP Co. I don't really think it will. At least, I hope not. Why? I think there are a lot of women that really don't want to fight. Maybe this will change in the future, but the way that we are raised, I don't think we are ready for it. Not yet.



SP4 Timothy Morott, 864th Engrs. I don't see why not. It's up to their leaders. I'd push for it. Women can do just about anything they want to do, if they put their minds to it.



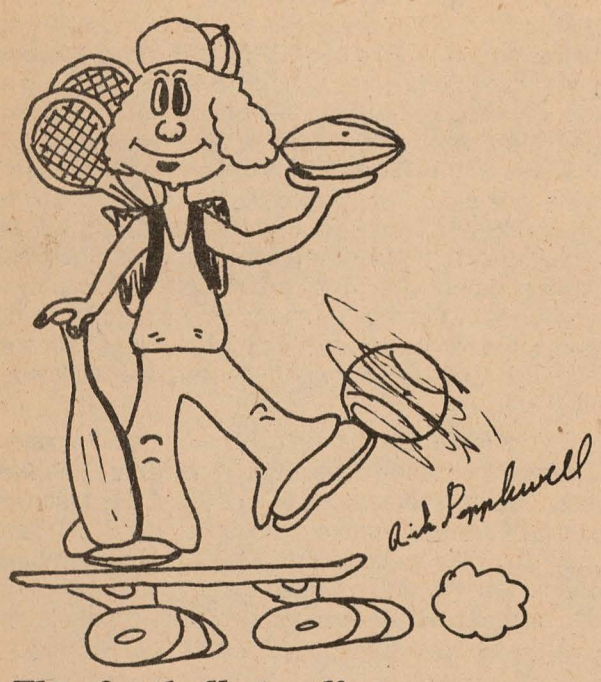


A. C. Reyes photo

Rudolph Gumataotao of the 170th MP Co., **tries for a touchdown as Johann Brown, USAG, reaches for his flag with Steven Byrd running back-up blockage.**



Number 12, Richard Zapata, USAG, tries to maneuver **his way through the 170th's team during Monday's game at the PX Field.**



SPORTS

Post squash team

Last year's Post Squash team led by Edward Flanagan and Joseph Eagan captured first place in the Nor-Cal Squash Racquets "B" Vets League. The Post team played matches at home and at various squash clubs in the Bay Area. A new team will be formed after the conclusion of the Post Squash Tournament. Any interested active duty military personnel squash players who would like to compete should contact the Sports Branch Office, Bldg. 63, or call 4120/5032.

Post squash tourney

The Post Squash Tournament, open to all active duty personnel assigned to the Presidio of San Francisco, will begin about October 18. Entries are due no later than October 15 at the Post Gym Office, Bldg. 63, or call 4120/5032. Competition will be singles play. A clinic including a Squash fundamental film will be held at 1:20 p.m. on Tuesday, October 12 at the Recreation Center, Bldg. 35, immediately following the monthly Sports Council meeting scheduled for 1 p.m.

Flag football standings

Presidio League			Fort Scott League		
402nd	3	0	864th	1	2
LAMC #2	2	0	16th BPO	0	1
LAMC #1	3	0	170th	0	3
HHD 504th	1	0	WRRC	0	1
USAG	2	1	LAIR	0	3
51st Engr	0	1	Dist Engr	0	0

Scores

LAMC #1 20 — 864th 19
402nd 19 — 170th 13
USAG 19 — LAIR 18
402nd 8 — 864th 6
LAMC #1 36 — LAIR 13
USAG 19 — 170th 7

Softball

Prior to last night, the Presidio Post softball team competing in the City-League had hammered out a 4-0 record with eight games remaining on the schedule.

The post team plays every Thursday evening at Fort Scott.

Off the field an editorial

by Ron Renouf

The Youth Flag Football program is off to a shaky start. As a matter of fact, it would appear to be situated on a fault line. But thanks to Frank Castro, it still exists.

When the first organizational meeting was held on September 11, a total of eight volunteer coaches showed up. That's not bad — but only 13 ball players — and man, that's like nowhere.

Each youngster who made it for that first meeting was asked to recruit two or three more and bring them back the 14th. There was some success as about 25 showed up for this one. But obviously, still not enough to constitute a league.

Apparently, it is again a lack of interest that is threatening the program. The publicity effort was there. Starting dates were being announced at youth baseball games as early as the end of July and again at the end of the season at the baseball banquet.

Several announcements were also published in both the weekly bulletin and this publication. In addition, flyers were stuffed into the copies of the Star Presidian that were delivered to the housing areas.

After all of this — still practically no response.

With the last get-together on the 18th, Frank Castro told those who managed to show up and wanted to play that as long as they continued to show, there would be a football program.

While there will be no established league this year, the players will be separated by age and "pick-up" games will be held Tuesday evenings and Saturday mornings.

Castro deserves most of the credit for keeping the program from folding. His willingness to commute on his own time from South San Francisco to ensure that these few youngsters still have the opportunity to participate in the program is indeed commendable.

The fact that he continues to make this effort despite undue criticism makes his efforts even more commendable.

What a difference from last year's program. Remember the three games a day every weekend during the season?

Guess you don't. Parents didn't show up to support their kids in that one either.

U.S. Government Printing Office, 1975 Jacket 690-081, Print Order No. 57

Star Presidian

Volume 19, No. 38 | Presidio of San Francisco | Friday, October 1, 1976

WAC Director visits Presidio

By Rebecca Sherwood

Women have opened new doors for themselves throughout history. In 1942 with the establishment of the Women's Army Auxiliary Corps, the door was opened for women in the career of soldiering. In 1943, the WAAC was integrated into the regular Army as the Women's Army Corps. In 1976, the Defense Officer Personnel Management Act passed House of Representatives.

"Recently there was an article in most major newspapers stating that the Women's Army Corps had been disestablished. This is an incorrect statement," said Brigadier General Mary E. Clarke, director of the Women's Army Corps, last Friday, when she spoke on the role of women in the Army. Brig. Gen. Clarke spoke in the Presidio Theatre.

"The Women's Army Corps is still in existence and will continue to be in existence until Congress passes the Defense Officer Personnel Management Act. This bill deals with the assignment, utilization and professional development of officers in the military.

"As a rider to this bill, there is a provision for the disestablishment of the Women's Army Corps 90 days after passage of the bill. The bill did pass the House but not the Senate," added BG Clarke.

In 1967 the law restricting women to being two percent of the Army population was lifted. Until 1967 there was only one woman colonel authorized in the U.S. Army. It was also in 1967 that a public law passed allowing 13 women to be colonels.

Basic training is becoming more rigorous for women. Although there are some discrepancies in the physical training due to physiological differences, women now have to take the same weapons training as their male counterparts.

"We're not training you for the infantry," stated BG Clarke. "We're giving you the training you need in order to be competitive with your male peers. In order for you to be an NCO where you'll have to lead men they have to have confidence in you. You're going to be in units that women have never been in before and although you will not be offensive, combat type units, you're going to be in combat zones. You may not be engaging the enemy, but there is a possibility that at some time you'll have to defend yourselves and your units. We want to be sure you can do that."

Brig. Gen. Clarke discussed the opening of the ROTC (Reserve Officer Training Corps) for women. The program opened on a trial basis in 1972 with 10 Universities involved. There were 200 women in the program then. There are 9,700 women ROTC students now. By 1977, direct commissions will go out of existence.

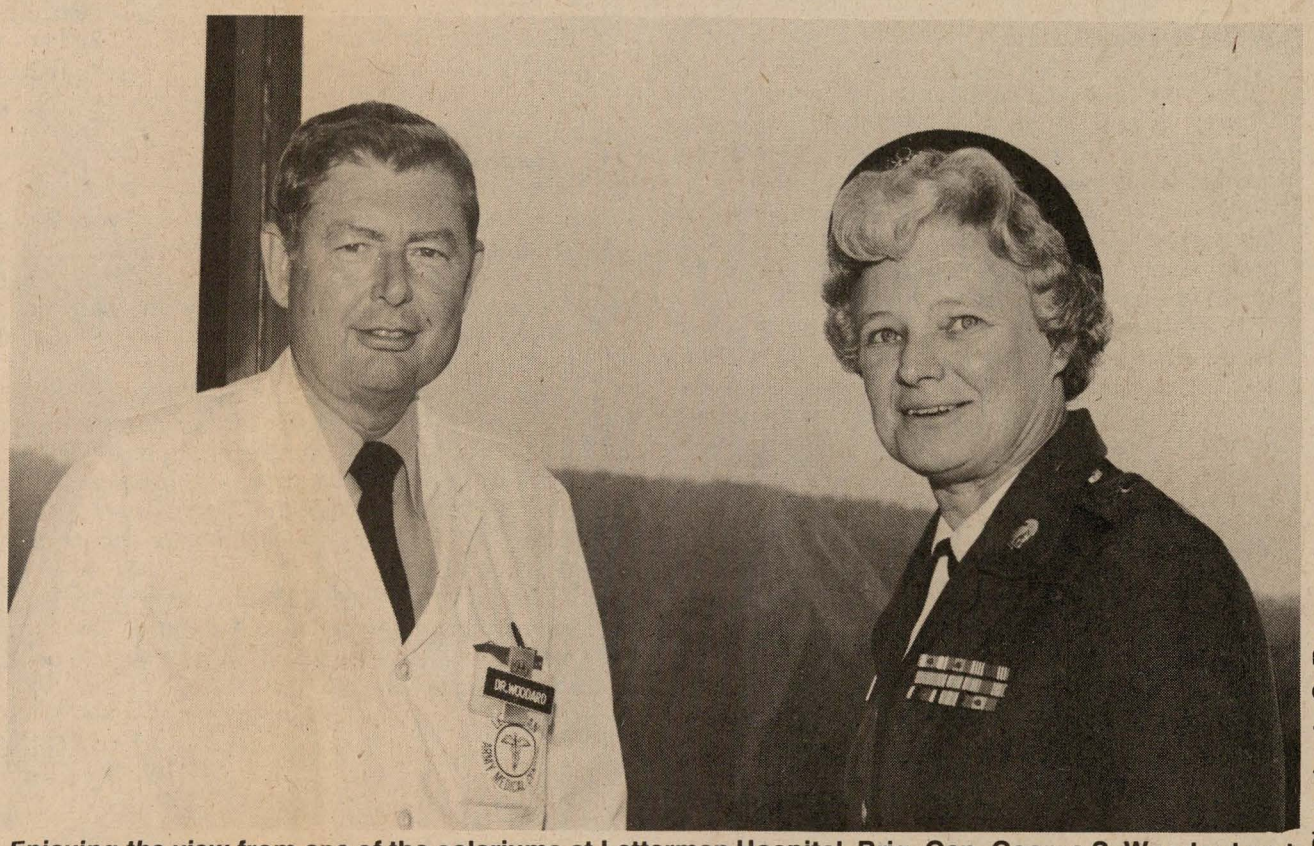


Photo by A. C. Reyes

Enjoying the view **from one of the solariums at Letterman Hospital, Brig. Gen. George S. Woodard and Brig. Gen. Mary Clarke, visited briefly. Brig. Gen. Clarke, here on a tour of the Presidio, paid a visit to the LAMC Commander before walking through the new enlisted women's barracks.**

Up until about a year ago, there were only 30 percent of the positions in the Warrant Officer program open to women. Now that percentage stands at 80.

"I strongly recommend this program for any of you interested in it. The Warrant Officer program is a fine career and some of the finest men and women I know are in this program," stated Brig. Gen. Clarke.

The uniforms for women were another topic of discussion. As of Oct. 1, the cost of fatigues will go down from $17 to $10 and they're going to be more aligned with male fatigues. A wash and wear fatigue for women is also in the planning stages.

By Sept. 1977, the light green, wash and wear, jacket and skirt will replace the summer cords. Pants suits will be wash and wear, too. These will consist of green slacks, jacket and an off-green turtle-neck sweater. For summer wear, the white blouse for greens will be authorized. The pantsuits can be worn with boots, low quarters or pumps.

"When my office goes out of existence, we hope there will still be a woman somewhere in a policy making position who'll be able to advise the Chief of Staff on matters concerning women until we're completely sold that the integration is going to work and that you all have really been accepted as an equal soldier and that you're being given the jobs and opportunities you've been trained for," stated Brig. Gen. Clarke.

"Now, I keep saying opportunities. With opportunities go responsibilities. You've got to do those things you've been protected from all these years. If you want equal pay, equal opportunity, and equal promotion, you've got to do the job, just as the male soldier.

"I want to make it clear that just because you're doing the same job as a male soldier and getting the same pay, you don't have to look like the male soldier, you don't have to act like a male soldier and you don't have to dress like a male soldier. Just do the job that you've been trained for, and stay feminine," stated Brig. Gen. Mary Clarke.

Pooling youth resources



Photo by A. C. Reyes

"One of the more pleasant surprises **I have had." So says Mrs. Mary Lubinski of winning the Presidio Community Citizen of the Month Award. She is shown here with some of her Ft. Baker teen club charges. When asked how she manages, she replied, "I don't really do it all by myself. I do get a lot of support from volunteer mothers. That helps a lot."**

In appreciation:

Through determination, hard work, and a sense of responsibility to the Youth of Forts Baker and Barry, Mrs. Lubinski has been instrumental in organizing a Teen Club and three Girl Scout Troops in an isolated dependent housing area where no youth facilities previously existed. Through her efforts, an old building was obtained, cleaned, painted and refurbished, and is now an outstanding facility in which young people may spend their leisure hours. Mrs. Lubinski also assumed the position of chief coordinator and responsible individual for all youth activities in the Forts Baker and Barry area. Her numerous hours of voluntary service rendered over the past year have been extremely fruitful. The youths are now well organized and enjoy meaningful, organized activities.

WARREN J. LODGE
Colonel, Armor

Hot flash. . . Hot flash

Pay increase

President Ford approved the pay increase Wednesday averaging 4.83 percent for an estimated 2.6 million federal, civilian and military employees. The raise becomes effective today. The increase does not affect the salaries of members of congress, federal judges or high ranking bureaucrats who earn more than $37,800/yr.

AUSA luncheon

Dianne Feinstein, Member of the Board of Supervisors, City and County of San Francisco, will speak at the Presidio Officers' Club Friday, October 8 at noon. The luncheon will begin at 11:30 a.m.

Supervisor Feinstein will address the members of the San Francisco Chapter, AUSA, on a subject of great current interest and importance: "Women in the World of Business and Government."

Tickets are available from individual office AUSA representatives, Miss Barbara Desina, 3034 (Bldg 39), or Mr. Robert Joy, 2035, (Bldg T-3). All members, their spouses, family members and guests are invited to meet Dianne and hear her spirited message.

New Sixth Army DCG

Major General John L. Osteen, Jr., will be honored in a ceremony marking his assumption of duties as Deputy Commanding General, Sixth U.S. Army, and Commander, U.S. Army Readiness Region IX, both headquartered at the Presisio.

The ceremony will be held Thursday, 7 October, at 4 p.m. in front of Bldg. 38.

Maj. Gen. Osteen succeeds Maj. Gen. Robert N. Mackinnon, who retired after serving 31 years in the U.S. Army. Maj. Gen. Mackinnon received the Distinguished Service Medal from Lieutenant General Edward M. Flanagan, Jr., Commanding General, Sixth Army, in a departure ceremony held at Sixth Army Headquarters on 30 September.

GMAT registration

Military personnel and dependents who plan to pursue a graduate business degree during the 1977-78 academic year are reminded that most schools require students to submit GMAT (Graduate Management Admission Test) scores. Although the test is given four times a year, the early test dates are recommended to assure a complete file by spring school deadlines. Registration for the Oct. 30 test must be received by the Education Testing Service by Oct. 8. Application booklets are available at the Ft. Scott Education Center, Bldg. 1216, ext 2974 or the LAMC Education Center, Bldg. 1007, ext. 4030.

Dear Editor:

Reference your article on page 3 of your 24 September 1976 issue of the Star Presidian.

The so called "Secret Eye" took what I call a "cheap shot" at me by strongly implying that my illness was related to my duties as First Sergeant of the 163rd Military Police Detachment.

Please inform the "Secret Eye" that as Top Kick of this unit, I am burned by the article and the poor humor remarks that I am receiving as a result of it.

If I were not such a strong disciplinarian, I would strongly consider giving the "Secret Eye" a two hour block of instruction on Why Pirates wear Patches over One Eye.

With a little effort I am sure the "Eye" could find something interesting to write about. As for your article, I am placing it where it will do the most good, in the trash receptacle.

SFC Leo Wafford
Burned Top Kick
163rd MP Det

Editor's Note: The Secret Eye is an informal standing column which reports personnel comings and goings in a humorous manner. Nothing personal was intended last week when the column suggested that perhaps ulcers are one of the hazards of a 1st sergeant's job. We're sorry you took offense.

Playhouse tryouts

Tryouts will be held on Monday and Wednesday, October 4 and 6 at 7:30 p.m. for the opening production of the 10th Anniversary Season at the Presidio Playhouse. "The Hot L Baltimore" (opening in November) calls for a cast of 8 men and 7 women of varying types and ages. Tryouts for "That Championship Season" (opening in January) will be held Tuesday and Wednesday, October 12 and 13 at 7:30 p.m. at the Playhouse. This Pulitzer Prize-Winning play needs a cast of 5 "mature" men, in the 30 - 65 age range.

The season will continue with the Presidio entry in the 1977 FORSCOM Tournament of Musical Plays with "Fiddler on the Roof," opening in February. Tryout dates in December will be announced. The final major production of the season will be "MOHS" (THAT'S "SHOW" - UPSIDE DOWN), an original Upside-Down Musical Revue, presented in conjunction with the 1977 All-Army Festival of the Performing Arts. Active duty military talent appearing in this production will be screened for possible appearance at the Kennedy Center For The Performing Arts in Washington, D.C., in June, 1977.

Tryouts are open to all military personnel, dependents 18 years of age or older, and civilian personnel. Past theatrical experience is not required. Those interested in Stage Managing and technical positions should also attend the tryout sessions. Rehearsals and technical preparations are conducted after duty hours and on weekends.

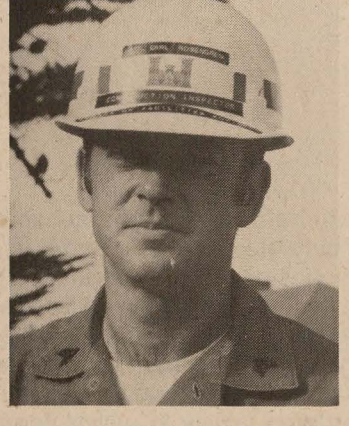
Mr. Donald Hess, Recreation Services Music and Theatre Director, urges active duty talent to contact him regarding preparation for the Festival of the Performing Arts. Singers, dancers, actors, actresses, musicians and any type of variety performers are eligible for the Festival. Mr. Hess was on the production staff of the "Showcase" presented last June at the Kennedy Center, and states that it is an unequaled and outstanding opportunity for military talent to appear in an impressive production before thousands in the nation's capitol.

For further information regarding tryouts and Music and Theatre activities, call 561-3992 from 1 - 5 p.m., or drop by the Playhouse, located across the street from the Post Movie Theatre.

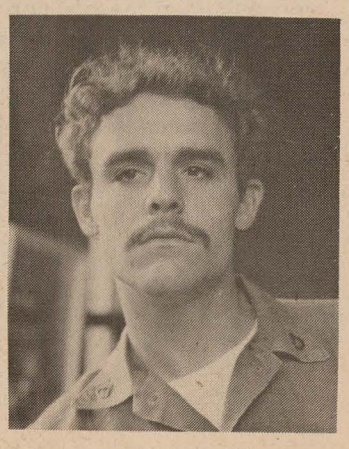
Ramblin' Sam



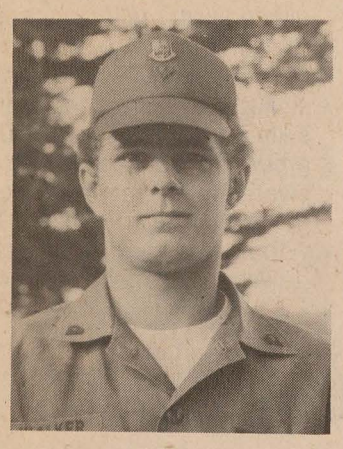
What do you think of overseas duty as compared to stateside duty?



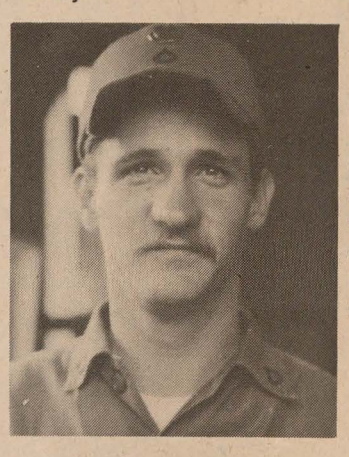
Sgt. Carl Rosengren, Facilities Engineers. There is no comparison. Overseas duty is much, much better. You get better jobs over there. The Presidio, well, I don't know how to put it. Too many chiefs and not enough indians. There isn't really that much to do. I really feel sorry for the engineers.



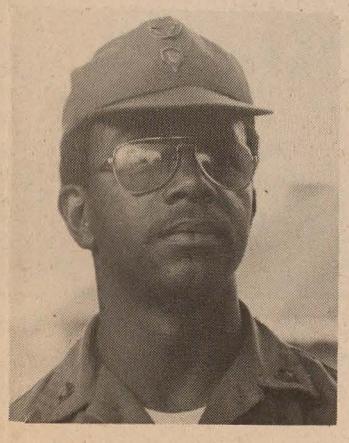
PFC Mark Vandoren, 864th Engrs. As far as the engineers are concerned they didn't have as many inspections, for one thing. We did a lot more work, though. And seven-day work weeks were not uncommon.



SP4 Rick Walker, 170th MP Co. I understand over in Korea it is pretty good, but a lot depends on where you are assigned. Seoul is good. Near the DMZ, well, it can get hairy. Now take Germany for instance. People say it is great, although I wouldn't know, I have never been there. I have been on the Presidio 2 ½ years already.



PFC Mark Mowatt, 864th Engrs. I'll take overseas duty anytime. Why, last duty station we even had houseboys. That was nice.



SP5 McKinley Womack, 864th Engineers. Overseas duty? I think it is a lot better. There is much more to be done. More jobs. It is more organized, I think.

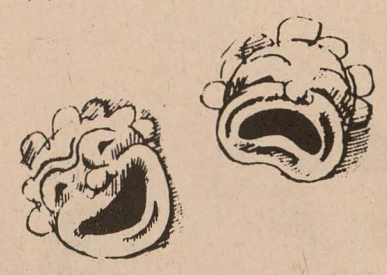
Movies

PRESIDIO THEATER

Friday, October 1, Gus (G), 7 p.m.
Saturday, October 2, Gus (G), 7 p.m. Special matinee at 2 p.m.
Sunday, October 3, Futureworld (PG), 7 p.m.
Monday, October 4, Futureworld (PG), 7 p.m.
Tuesday, October 5, The Killer Elite (PG), 7 p.m.
Wednesday, October 6, The Exorcist (R), 7 p.m.
Thursday, October 7, The Exorcist (R), 7 p.m.

SCHWARTZ/LETTERMAN

Friday, October 1, Lenny (R), 7 p.m.
Monday, October 4, Double Feature: Uptown Saturday Night and Let's Do It Again (PG), 7 p.m.
Tuesday, October 5, Gus (G), 7 p.m.
Wednesday, October 6, Futureworld (PG), 7 p.m.
Thursday, October 7, The Killer Elite (PG), 7 p.m.



Star Presidian

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Colonel Warren J. Lodge, commander
Major Michael J. Williams, public affairs officer
SP4 Carol Cronin, production and feature editor
SP4 Rebecca Sherwood, news editor

Attempted robbery foiled

by Ron Renouf

An attempted armed robbery in front of the post finance office touched off a post wide manhunt Tuesday morning. As of press time, no arrests have been made.

According to a CID official involved in the investigation of the incident, the attempted hold-up took place about 8 a.m. Tuesday morning.

The official indicated that MP's were escorting a representative to the finance office to pick up cash.

Reports indicated that the would-be thief pointed a .32 calibre pistol at one MP's head and told the MP to move over. The MP reportedly then grabbed the radio mike and informed the station of the situation, causing the hold-up man to panic and flee.

When last seen, he was reported to be on foot and running in the direction of the National Cemetary here.

Security measures were immediately imposed on the installation. All vehicles leaving the post were searched and armed patrols were sent through the hill area between the main post and Fort Scott.

Initial search action by a CID agent turned up the weapon and the suspect's hat and a CID spokesman indicated Wednesday morning that they are working on several leads and hope to be able to "put it together very shortly."

The suspect has been described as a light complexioned black male, between 6' and 6'2", weighing between 175 and 180 pounds and in his early 20's. He was wearing a medium length afro hairstyle and a grey pin-striped suit with grey fedora at the time of the robbery attempt.

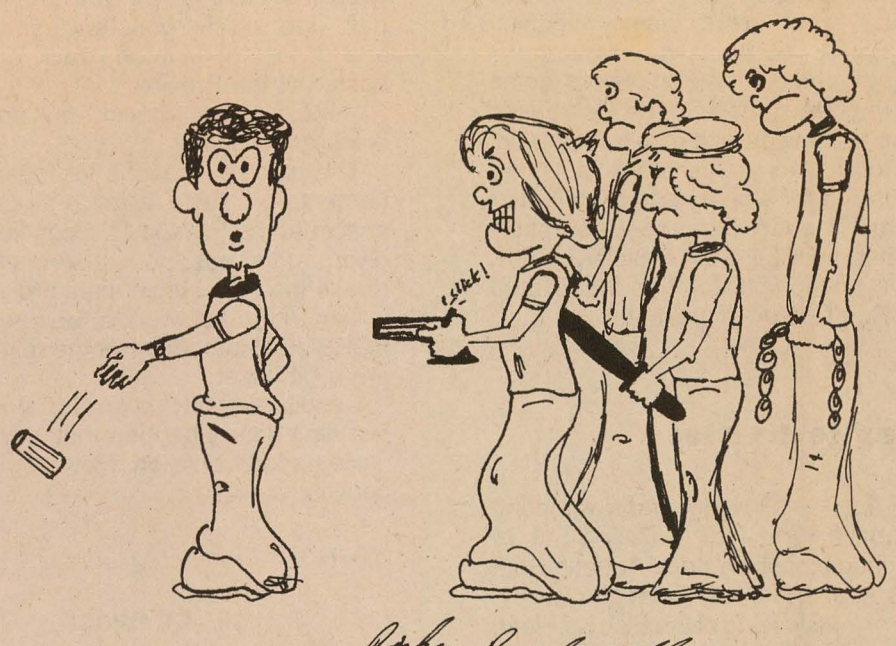
The hat was later recovered along with the .32 cal. pistol by a CID agent.



Photo by A. C. Reyes

This scene was repeating itself **at all the Presidio gates last Monday afternoon. An attempted armed robbery brought on a swift monitoring of all exits by the Military Police.**

Clean up your act!



The Presidio Fall Cleanup Campaign will be conducted October 15 - 17. The cleanup effort will be similar to past campaigns. Quarters occupants are urged to make a concerted effort to sort out unwanted items in their quarters and also to perform a thorough area beautification effort in the area surrounding their quarters. The debris resulting from these efforts will be collected on either Saturday or Sunday, in accordance with a collection schedule to be published and distributed later.

Col. Lodge has directed all unit commanders under his control to release all their personnel who reside in government quarters on the Presidio and its subposts on Friday afternoon, for the specific purpose of conducting area beautification efforts around their quarters. In addition, tenant unit commanders, *who are not* directly under the control of Post Headquarters, have been urged to release their personnel who reside on the Presidio in order to insure a comprehensive and coordinated cleanup effort.

All personnel working in government buildings and facilities on the Presidio and its sub-posts will be urged by their supervisors to support the cleanup effort by conducting a similar program of sorting out useless and unwanted items in their work area. In addition, each senior occupant of the various buildings on post will be responsible for paying particular attention to the outside area immediately surrounding their buildings (to 25 meters).

Additional specific information will be published in the Presidio Weekly Bulletin. Information will also be available through Army Community Service and the Neighborhood Council. Although the purpose of this campaign is to coordinate a concentrated area beautification effort it is also meant to serve as a reminder of the need for improved and continuous cleanup habits.

In conjunction with the fall cleanup campaign, the Post Agronomist, Mr. Rudy Choun, has provided the following hints on grounds maintenance to assist quarters occupants in improving and maintaining their area appearance.

Those of you living in post housing are cautioned not to lower the mowing height of mowers below one and one half inches. Cutting lower than this will reduce the grass vigor. The Facilities Engineers lawn mower shop will sharpen and adjust mowers to proper height.

A liberal fertilization in September will increase root development and enhance the vigor and appearance of the lawns. Fertilizer is available in five pound bags from the Self Help Service, Bldg. 250, ext. 4361. One pound of fertilizer should be applied to 100 square feet or on an area 10 ft. by 10 ft. Fertilize only the area that can be watered thoroughly that day. Grass seed is also available from the Self Help Service at Bldg. 250.

Soil to repair lawns is available only on a self help basis. A stock pile is located at Ft. Scott outside Bldg. 1381.

CFC: not up to par

With fall come thoughts of colored leaves, Thanksgiving and Christmas. But some people aren't as fortunate as you and I.

Some people can't see the leaves change colors, or enjoy a good turkey. And there are some children who've never received a gift from Santa Claus.

Stop for a minute. Think of your assets, your good health. Then remember those in a less fortunate position than yourself.

Last year, just before the half-way mark, the Combined Federal Campaign had received approximately $74,000. As of Monday, this year's contributions amounted to $33,257. There have been 1,496 contributors this year. With 8,300 people on our contribution roster, this means only 18 percent have donated.

The campaign has almost reached the half-way mark. It still isn't too late to put your two-cents worth in.

New directorate at Ft. Baker

A new directorate has come into being at Fort Baker. The office of the Deputy Installation Commander, headed by Lieut. Col. Norman D. Harms, and assisted by SFC Perry E. McGinnis, have officially opened their office door in Bldg. 623, East Fort Baker.

Lieut. Col. Harms stated, "Our office is the primary point of contact between Forts Baker, Barry, and Cronkhite and the Presidio. Or perhaps more appropriately, it is the right arm representative of the Post Commander of the North Forts. The office is the eyes and ears of the commander. We assist in coordinating administrative and logistic support activities both with dependent families and military tenant units."

"There are 135 military families residing at Fort Baker and Fort Barry," he went on. "These housing areas, being removed from the Presidio proper, were in need of a direct communications link with the main post. Colonel Warren Lodge, the Post Commander, agreed and directed our office to serve in that capacity.

"We have talked to many people, both formally and informally; met with representatives from the 91st Division (USAR), Western Regional Recruiting Command, and the U.S. Army Medical Laboratory; and circulated a questionnaire soliciting suggestions for upgrading living conditions, all of which met with an enthusiastic and supportive response.

"We are here to listen and assist with problems. If one comes up, people can call us at 7651/7652 and we will do everything possible to provide the necessary response and support.

The secret eye

A gathering of people and events under the watchful SP typewriter

By Eve S. Dropper

It was kinda nice having rain instead of fog this week! Reminds me of home . . . And I can feel a cool, cleanness that must be fall!!! In fact, I've taken up walking so I won't miss seeing the leaves change colors. And if you're looking, you'll know, they're doing it already!!!

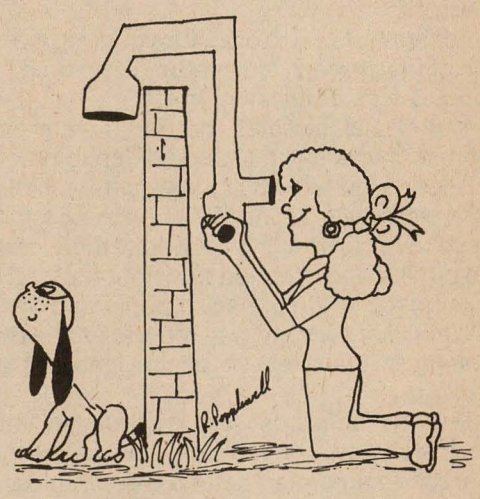
Capt. Reass and the 1st Sgt. from the 402nd came back after receiving the Eagle Trophy . . . congratulations, guys, ya'll REALLY done good!!! (That pat was for the whole 402nd, not just the guys who picked up the trophy!!!) SP4 Paula Johnson joined the 504th HHD from Hawaii . . . Sgt. Judy Richey moved from Garrison to the 163rd MP Co. And, this one really surprised me. Lt. John Swegart is now at the 402nd, or should I say WITH the 402nd . . . hope you like it, sir. PFC Thomas Tyson is off to Germany from the 402nd and SP4 Mark Hood and SP4 Louis Lasko ETS'ed. And SP4 Richard Allen joined HHD from Germany. Enjoy the Presidio . . . it's fun . . .

Members of the 16th BPO will no longer be 71 Foxes. They're being converted to 71 Limas. Must be neat . . . one day your MOS is one thing, then it just changes over with no extra training, or anything!!! SP4 Myrna Osuna just joined the BPO from Germany . . . hope you like it here Myrna. The BPO has some nice folks . . . course, so does the rest of the Presidio!!! And, for some excitement, watch the BPO do PT every day at 3:45 . . . they're getting in shape for the PT tests. First Sgt. says the troops love it!!! And the BPO got a 98 percent rating for their RREO class morale . . . pretty good, folks. And congrats today to SP4 Michelle Haney, SP4 Flavio Maestas, and SP4 Donald Willhide . . . who are no longer SP4s. They are now SP5s . . . see me turn green with envy . . .

I'd really like to thank the two MPs for the 10-10-escort last week . . . REALLY. I know that was a terrible place I was walking, but when you don't have a car . . . Thanks again guys . . . SP4 Rudolph Gumatoatao (after that terrific football play last week, for shame!!) and SP4 Daniel Marris have both ETS'ed from the 170th . . . back to civvies. And SFC Cirilio Gonzales has moved from the 163rd to the 170th to be a platoon sergeant.

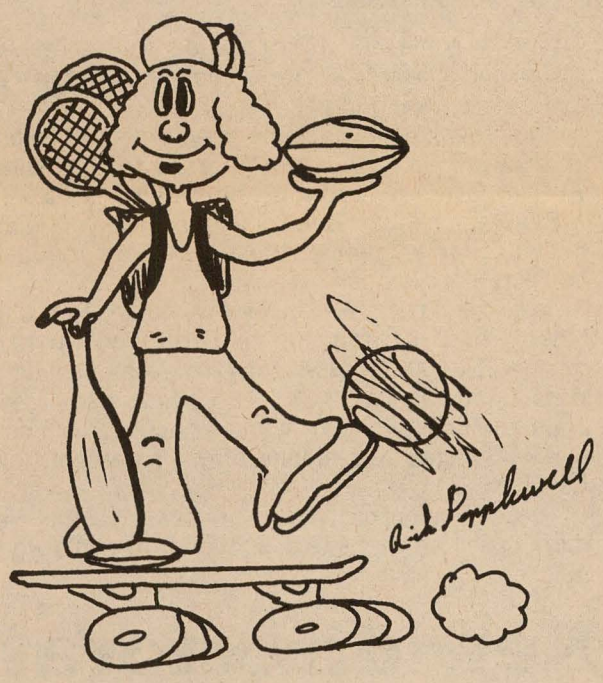
Last week I made the mistake of saying Capt. John Dowell had replaced Capt. John Gates as CO of the 864th Engrs. Wrong. Capt. John Dowell WILL replace Capt. Gates, but he hasn't done it yet and it'll be a couple more months before he does. For all you peoples getting upset, confused or disoriented, I'm sorry.

Hear there's a lot of people going on leave at the 864th since the IG is over. Enjoy your vacations . . . they're probably well deserved. And Pvt. John Christianson joined the engineers out of AIT at Ft. Leonard Wood. SP4 Raymond Dehaut left yesterday for Germany . . . or maybe it's today. Soon, anyway. SP4 Timothy Morott just reenlisted so now he's going away to another service school . . . hear it has something to do with telephone poles . . . repairman, maybe.



Smile. It's the light of the heart. And learn to laugh at yourself, with yourself and with others . . . A good sense of humor is one of the most beautiful things in the world. . . Take 'n take 'n keep on whatevering. I will.

Sports and recreation



Intramural bowling

Presidio League		
USAG	4	0
51st Engr	4	0
USACC	3	1
Spt Elm	3	1
864th Engr	1	3
LAIR	1	3
LAMC	0	4
Hq Comdt	0	4
170th MP	0	0
Golden Gate League		
LAMC	4	0
DPTC	3	1
525th MI	3	1
USAG	3	1
504th MP	1	3
AFPD	1	3
16th BPO	1	3
87th Ord	0	4
227th Med	0	0
Fort Scott League		
LAMC	4	0
170th MP	4	0
16th BPO	4	0
Spt Elm	3	1
USASA	3	1
SFFO CID	1	3
6th Reg	1	3
Courier	0	4
402nd MP	0	4
525th MI	0	4

Rec center happenings

The Presidio Recreation Center is home to a great big huge giant TV set for you to watch all your favorite sports programs such as the World Series, Monday night football, the Presidential debates, and all the specials they can catch. If you walk in and don't see it showing some big event it will be because they don't know about it, but if you tell them they'll turn it on. Besides having their usual tournaments in pool, ping pong and cards, they'll be watching the Steelers play the Miami Dolphins at Miami on Monday night Oct. 4th at 6 p.m. On Wednesday night at 9 p.m., Oct 6th, Dr. Webb will be there to escort you through a fantasy land of top platters in "soul" in their weekly Wednesday Night Disco. For all you book worms out there, they are still trying to promote the Book Swap, so be there at 8 p.m. with your old books. The Recreation Center will have some to swap with you, guaranteed. Here is a special notice to all you fishermen out there who have been looking for a chance to go out after some salmon. On October 29th the Recreation Center is sponsoring a DEEP SEA FISHING TRIP, so get your salt water fishing ticket from the PX and hurry over to the Rec Center and sign up.

Columbus day festivities

October 2, 11 a.m. — Rowing and Swimming competition at Aquatic Park, foot of Polk St., 1:30 p.m., Bocce Ball championship finals, Aquatic Park Courts, Van Ness Ave. and North Point.

October 3, 11 a.m. — Blessing of the Fishing Fleet, Solemn High Mass at SS Peter and Paul's Church, 666 Filbert St., Washington Square; 2 p.m. Fishermen's Wharf for fleet blessing.

October 4, 7:30 p.m. — Softball game between former pros and KSFO PLAYERS, Funston Playgound, Chestnut and Buchanan Sts.

October 5, 7:30 p.m. — Children's Art Contest, SS Peter and Paul's Church Auditorium, 666 Filbert St.

October 6, 7:30 p.m. — Bay Area Italian Artists Exhibit, San Francisco Athletic Club, 1630 Stockton St.

October 7, Noon — Crowning of "Queen Isabella," Gina Marilyn Greco by Mayor George Moscone, City Hall rotunda.

October 7 - 10 — Old-fashioned "Fiesta Italiana" Bazaar featuring craft and food items, Salesian Auditorium, Filbert and Powell Sts. Hours: 7 to 10 p.m., Thursday and Friday; Noon to 10 p.m., Saturday and Sunday. Dinner served on weekend.

October 8, 8 p.m. — Grand Ball, Presidio Officers' Club. Tickets are $17.50 per person available from Antoinette Alioto (921-6593) or Tony Alioto (861-7328).

October 9, 1 p.m. — Traditional Civic Ceremony at Columbus Statue, Coit Tower plaza, Telegraph Hill.

October 10, 10 a.m. — High Mass, SS Peter and Paul's Church, 66 Filbert St., 1 p.m., 300-unit Columbus Day Parade.

October 11, Noon — Nautical Pageant reenacting Columbus' return to Court of Spain, Ghirardelli Square and Aquatic Park.

October 17, 1:30 p.m. — Italian Cup Soccer Match, Balboa Stadium, Ocean and San Jose Avenues.

Off the field

an editorial

by Ron Renouf

Need a laugh today? Grab a copy of Presidio Regulation 28-4. Check Appendix B and see how that grabs you.

If that illustrious document is to be believed, and after all it is an official regulation, FORSCOM Tournaments in racquetball, soccer, bowling, flag football, basketball, cross country, squash, orienteering, wrestling, boxing, volleyball, tennis, slow pitch softball, judo, karate, golf, fencing, handball, swimming and diving, badminton, track and field will all be hosted at the Presidio.

Honestly folks. Would I pull your leg. It's there in black and white.

The precise locations for these FORSCOM tournaments are even listed in all but two sports. Like soccer at the PX and Ft. Scott fields, swimming and diving at the post pool, boxing at the Ft. Scott Gym (that's the next biggie slated for January.)

Can't help but wonder how we managed to talk FORSCOM into this. Bet the rest of the installations are a bit upset.

Despite the fact that an official regulation says so, it just ain't gonna happen that way.

Hey sports division. How about sharpening your pencils.



Folk festival

The 2nd Annual Western Regional Folk Festival will be held from October 9 to 11, at Ft. Barry/Cronkhite in the Golden Gate National Recreation Area. The festival is a three day celebration of California's rich and diverse musical heritage with many ethnic and folk styles represented. For more information call 556-0111. Admission is free.

U.S. Government Printing Office, 1975 Jacket 690-081, Print Order No. 58

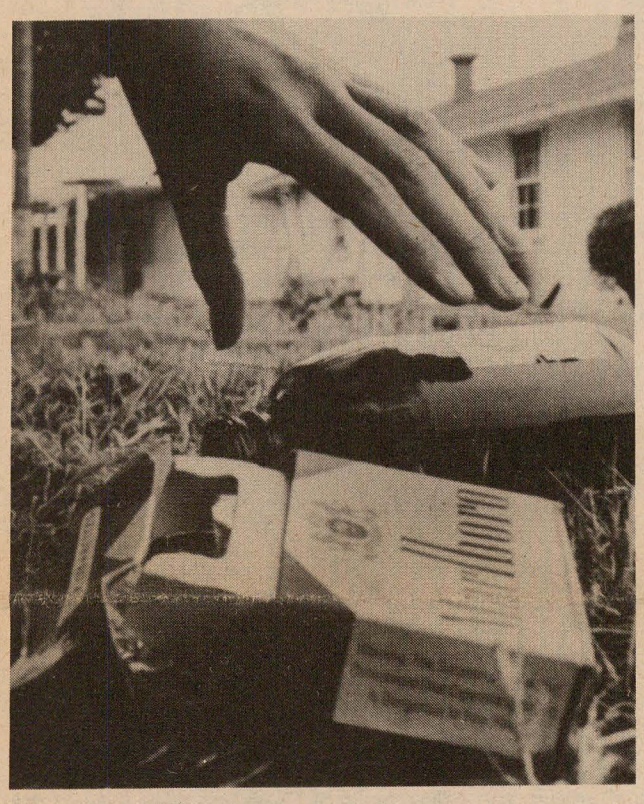
Star Presidian

Volume 19, No. 39. Presidio of San Francisco Friday, October 8, 1976

Presidio Main Post Library
PRESIDIO OF SAN FRANCISCO, CA 94129

During the fall, the leaves will

This year's Fall Cleanup Campaign will be on October 17 and information has been distributed to all government quarters residents. The information must be read and includes a collection schedule for debris pick-up from the cleanup effort and a description of the scope of the area beautification program. Be sure to check both this week's and next week's Star Presidian and the Weekly Bulletin for more information.



Rudy Choun, the post agronomist, contributed the following advice on how you can maintain your grounds and quarters in a more attractive manner.

Ice Plant: Several housing areas on the Presidio and its sub-posts have lawn areas that are unsuited for grass cover. These areas include sandy soil location as well as highly sloped, hilly patches. These areas could be effectively beautified and easily maintained through the planting of ice plant.

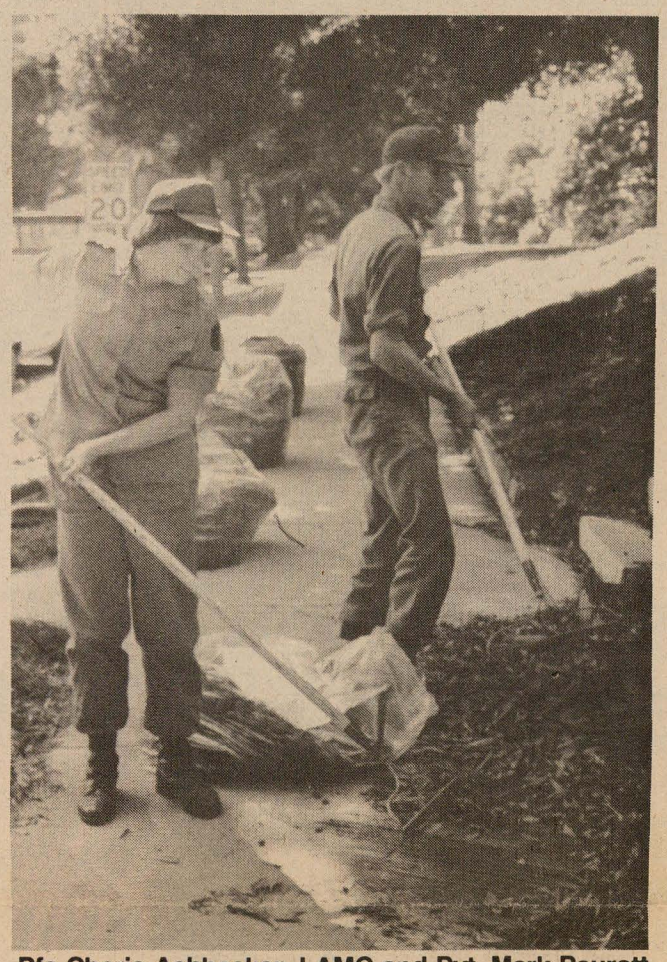
Ice plant cuttings will be available from the Self Help Store, Bldg. 250 on October 14.

These cuttings should be at least 12 inches long and should have been taken from the tip of the parent plant. The green leaves should be left on the plant and they should be planted so that at least two joints are underground, normally to a depth of about four inches. The ice plant sprigs should be planted approximately 12 inches apart in staggered, contoured rows. The soil around these sprigs should then be tamped or firmed by heeling or any other suitable compacting method taking care not to injure the stems.

Water immediately to help with the soil compaction. This will be especially helpful if the ice plant is to be planted in loose sandy areas. These cuttings should be watered about every other day if it does not rain.

If planting your cuttings is not possible on the same day that you collect them they should be spread on the ground in a shady location and watered until they are planted. It is suggested that ice plant be planted only on those hard to maintain, slopy patches or in sandy areas as grass is a much more attractive ground covering.

Remember the Cleanup Campaign is next weekend, October 15 - 17. Please do your part to make it a success.



Pfc Cherie Ashbacker, LAMC and Pvt. Mark Paurott, 864th Engineers, get a headstart on the cleaning up. They seem to enjoy their work!

New pay scale page 3
Sports and recreation page 4
Hot Flash page 2
Ramblin Sam page 3
Movie schedule page 2



Row upon row of jeeps, fully gassed up and ready for any contingency. The scene took place during the presidential visit this week, when the 504th MP Bn. provided men and equipment for security.

In Appreciation

Commander
Presidio of San Francisco, CA

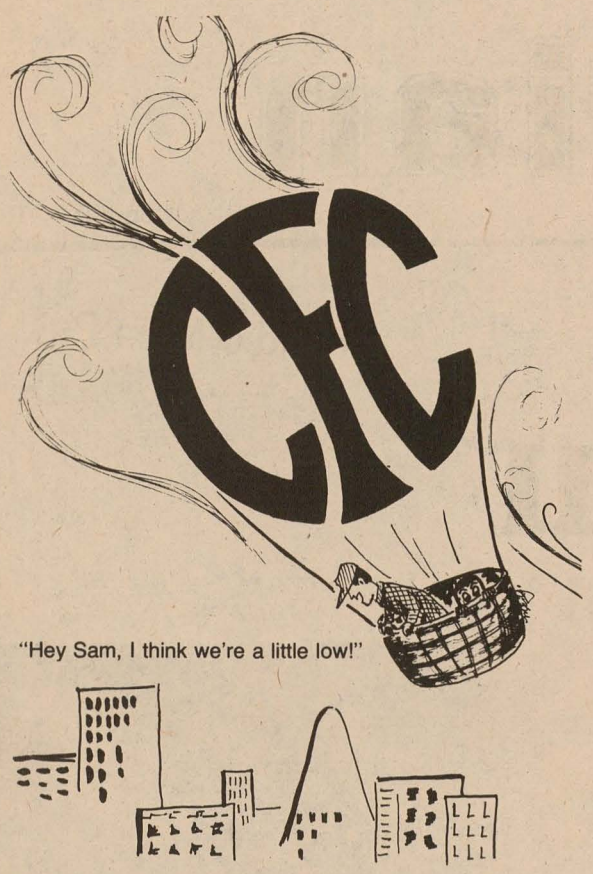
Upon my departure from U.S. Army Forces Command, I extend my deep appreciation for your loyal support and dedication to our mission: Readiness.

Over the past two years I have observed much of your efforts at first hand and learned of their results by other means. I have acquired a profound respect for your professionalism. As a result of much hard work on your part, the readiness of the total Army is at high level and continues its upward climb.

I ask that you continue your outstanding contribution to the Total Army. Rest assured that you will have my fullest support.

Please pass on my thanks and best wishes to all U.S. Army Forces Command personnel in both the active and the reserve components.

Bernard W. Rogers
General, U.S. Army
Commanding



"Hey Sam, I think we're a little low!"

CFC contributions needed

You don't have to be poor to benefit by the services supported through the Combined Federal Campaign . . . and thanks to these services, many of us are richer in many ways. Yet, this year's CFC contributions for the Presidio are behind last year's contributions by 24 percent.

Presidio personnel are lagging behind with contributions totaling $29,000 compared to $38,000 at this time last year. The figure of $33,257 quoted in last week's Star Presidian included LAMC, LAIR and Sixth Army personnel.

Current inflationary trends aside, the great majority of us enjoy a standard of living envied by millions of people throughout the world. Those of us who are working for the Federal Government have enough fringe benefits to make us look like millionaires compared to many Americans who are in less fortunate economic situations.

As you know, tragedy knows no class when it comes to many human care problems. And, in the long run, problems which plague one neighborhood affect the health of the whole community, you and your family.

In answer to these needs, the CFC helps many Bay Area agencies offer remedial facilities, disaster relief, rehabilitation, guidance and counseling to any family, or any man, woman or child in Alameda, Contra Costa, Marin, San Francisco or San Mateo County.

In any area of people's needs, vital human services are provided by more than 200 CFC-supported agencies. Not in a sense of "charity" to the poor, but as legitimate and equitable assistance to our friends, our neighbors . . . indeed, ourselves. CFC-supported services are addressed to everyone in the community . . . rich and poor, black, brown, yellow, red or white, factory worker or white collar worker. For the harried parent, the retarded child, the troubled youth, disaster victims, the ill, the frustrated . . . people in need of crisis intervention or long-range rehabilitation.

REMEMBER . . .
CFC works for all of us! So you take a few minutes to help your neighbor and yourself by making your personal CFC contribution today.

Hot flash. . . Hot flash

Is my Rembrandt real?

On Thursday October 14, the Letterman Womens Club will hold their monthly luncheon at the Presidio Officers Club at 11:30 a.m. The guest speaker will be Sandra Sofris, director of L'Estamps Original. Ms. Sofris will be bringing with her a wide selection of fine and unusual prints from the 16th and 20th century. Prints of varying price range will be displayed for sale following the luncheon. Reservations can be made before noon Tuesday 12, October (Marin, Beverly Chojnacki, 453-6737; San Francisco, Beverly Carpenter, 561-2614).

Washington lodging

The Soldiers, Sailors, Marines and Airmen's Club, Washington, D.C., operated by the Armed Forces Wives Club, offers enlisted personnel an inexpensive place to stay while visiting the Nation's capital.

Rates are $5.00 per night or $6.00 for a private room. Food is available at cost in the canteen with a library for reading and television for viewing. Reservations are not necessary but large groups should call ahead.

Located in an historic home at 1015 L St., N.W., it is nonprofit, supported by the dollars and work of the Armed Forces Wives Club.

Rec center happenings

The Presidio Recreation Center wants to remind everyone that they have a giant TV set. Chief among the activities being shown on the screen this coming week are NCAA Football on Saturday, October 9, featuring Oklahoma vs Texas, Sunday Pro football, and Monday Night Football, October 11 at 6 p.m. All big movies and specials such as the Presidential Debates and "Gone With the Wind" will be shown.

There is going to be a big "Octoberfest" on Sunday, October 10, beginning at 3 p.m. with the "Liechensteiner Band" playing old fashioned German music, lots of German style food, and American style beer.

If you want to go deep sea fishing, drop by the ITT office in the Recreation Center, get on the list, pay your $15.00 fee which covers the boat, rod and reel, and bait. Get your salt water fishing license and read up on Salmon fishing, but do it before October 14, since that is the deadline for signing up. We must have 16 people to go and no more than 20, so act now and have a good time.

A beginners and intermediate leather working class will begin on Friday, October 15. The class will meet from 6 to 9 p.m. and will last for four weeks.

Active duty personnel will be given priority, but in case space is available retired military and dependents are urged to sign-up. There is a $5.00 fee for the class and must be paid prior to the first session.

Class registration will be at the Crafts Shop, Bldg. 122 or call ext. 4497.

Symbol contest

The tenth anniversary of the Federal Women's Program will be celebrated during Fiscal Year 1977. In preparation for the celebration, the U.S. Civil Service Commission, Office of the Federal Women's Program (FWP) is seeking a symbol for the program. The symbol will be made available for use by all Federal agencies.

All federal employees and other friends of the FWP are invited to submit entries. Symbols submitted for consideration will be judged on the merits of their basic design elements. Finished art work is not required. An interagency panel of graphics specialists and FWP officials will select the winner and runnerup.

In order to participate in the contest two requirements must be met. First, the design must be transmitted to U.S. Forces Command, ATTN: AFPR-CPR by October 22. Second, it must be on standard sized 8" by 10½" paper.

General Stilwell speaks

General Richard G. Stilwell, retiring Eighth U.S. Army and UN and U.S. Forces, Korea Commander, will address the Commonwealth Club, San Francisco on Friday, October 22.

General Stilwell's outstanding military background, and the nature of his most recent assignment, should make his presentation of interest to both Presidio military and civilian personnel. The cost of the luncheon will be $6.00 per person.

Those desiring to attend should notify the Sixth Army Public Affairs Office at exts. 3660/3757 by October 15, so the club can be informed of the number of guests attending and transportation can be arranged.

For those attending, a bus will be provided for the trip to the Sheraton-Palace Hotel and return. The bus will leave from Bldg. 38 at 11 a.m. arriving at the Sheraton-Palace before 11:30 a.m. to permit purchase of tickets and good seating. There are no reserved seats for club luncheons.

Movies

PRESIDIO THEATER
Friday, October 8, Ode to Billy Joe (PG) 7 p.m.
Saturday. October 9, Ode to Billy Joe (PG) 7 p.m.
Sunday, October 10, All the President's Men (PG) 7 p.m.
Monday, October 11, All the President's Men (PG) 7 p.m.
Tuesday, October 12, Cleopatra Jones and the Casino of Gold (R) 7 p.m.
Wednesday, October 13, Barry Lyndon (PG) 7 p.m.
Thursday, October 14, Love and Death (PG) 7 p.m.

SCHWARTZ/LETTERMAN
Friday, October 8, The Eiger Sanction (R) 7 p.m.
Monday, October 11, The Exorcist (R) 7 p.m.
Tuesday, October 12, Ode to Billy Joe (PG) 7 p.m.
Wednesday, October 13, All the President's Men (PG) 7 p.m.
Thursday, October 14, Cleopatra Jones and the Casino of Gold (R) 7 p.m.

Dog clinic

The Treasure Island Pet Clinic is staging an obedience school for dogs. Classes will start when there are 20 interested students. The fee is $10.00 which is non-refundable. The class will last for eight weeks. To sign up, contact the TI/YBI Pet Clinic, Bldg. 217 Naval Support Activity, Treasure Island, 986-2165. These classes will be taught by Mr. James R. Faggiano, experienced obedience and police dog trainer.

Sukkot festival

Sukkot (the Feast of Booths) one of the three Biblical Pilgrimage festivals, is observed for eight days — from 15 - 22. Tishri, corresponding this year to October 8 - 17. The original name of the festival was "Feast of the Ingathering." It was the Jewish festival of Thanksgiving on the occasion of the final ingathering of the harvest in the land of Israel. The Sukkah (Booth) symbolizes the wanderings of the people of Israel in the wilderness of Sinai, on their way to the Promised Land.

A Sukkah (Festival Booth) for religious use of Jewish personnel, constructed by the Post engineer, is situated at 531A Simonds Loop (near the residence of Colonel A. Kopp).

Festival services, conducted by Rabbi Wm. Z. Dalin, will be held in the Sukkah, Friday, October 8, at 5:30 p.m. At the "Oneg" - social hour - following the services, special "Sukkot" refreshments will be served. All Jewish military personnel and dependents are cordially invited.

Ski fitness program

The Central YMCA's popular pre-ski conditioning program will be offered again this year beginning October 19 from 6:30 - 8 p.m. This eight week course will be held on Tuesdays and Thursdays at 220 Golden Gate Avenue, and preregistration is advised.

The program is designed to prepare participants for downhill and cross-country skiing by improving strength, flexibility, endurance, and coordination; thereby lessening muscle soreness and injuries on the slopes.

Prepare yourself; call Central YMCA at 885-0460.

Star Presidian

The Star Presidian is an authorized unofficial offset Army newspaper published weekly under the provisions of AR 360-81 by the Public Affairs Office, Presidio of San Francisco, CA 94129. Views and opinions expressed herein do not necessarily represent those of the Department of the Army. Editorial offices are located in Building 37. Newsroom telephone: (415) 561-3908 or 2005.

Colonel Warren J. Lodge, commander
Major Michael J. Williams, public affairs officer
SFC A. C. Reyes .....Editor

New pay scale

Effective October 1st

YEARS	under 2	2	4	6	8	10	12	14	16	18	20	22	26
E-1	374												
E-2	417												
E-3	433	457	494										
E-4		475	503	543	564								
E-5		510	558	594	618	643	667	679					
E-6			631	655	679	704	741	764	788	800			
E-7						788	813	849	873	898	910	971	1092
E-8								959	984	1006	1031	1092	1214
E-9										1154	1176	1239	1359
W-1	616	706	765	799	834	868	904	938	973	1007	1043		
W-2			823	868	916	950	985	1019	1055	1089	1124	1169	
W-3							1100	1135	1169	1205	1252	1297	1343
W-4									1343	1379	1424	1472	1586
0-1	690	718	868	927	961	996	1031	1078					
O-2	795	868	1078	1100	1135	1194	1240	1274					
O-3		1019	1205	1263	1308	1379	1447	1483					
O-4				1297	1355	1447	1529	1599	1668	1715			
O-5							1692	1819	1923	1981	2051		
O-6										2190	2318	2514	
O-7											2861		
O-8											3164	3291	
O-9												3406	3650

Note: Basic pay is limited to $3300.00 by Level V of the Executive schedule. Odd cents have been dropped, not rounded off, for simplification.

Monthly Basic Allowance for Quarters Rates

Grade	Without Dependents	With Dependents	BAQ Rebate
O-9	297.00	371.40	29.40
O-8	297.00	371.40	29.40
O-7	297.00	371.40	29.40
O-6	268.80	327.90	22.80
O-5	249.30	300.30	19.20
O-4	222.90	269.10	15.30
O-3	196.80	242.70	12.90
O-2	171.30	216.90	10.20
O-1	133.80	174.30	7.50
W-4	215.10	259.50	14.70
W-3	192.60	237.30	12.00
W-2	168.30	213.60	9.30
W-1	152.10	197.10	8.10
E-9	162.60	228.60	10.80
E-8	150.30	212.40	8.70
E-7	128.40	198.30	6.90
E-6	117.00	183.00	5.70
E-5	112.50	168.30	4.80
E-5	99.30	147.90	4.50
E-3	88.50	128.40	4.50
E-2	78.30	128.40	4.20
E-1	73.80	128.40	3.90

Basic allowance for subsistence rates.

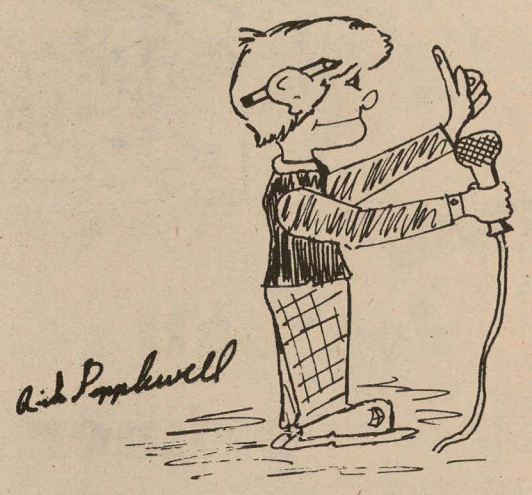
Officers: 55.61 per month

Enlisted:

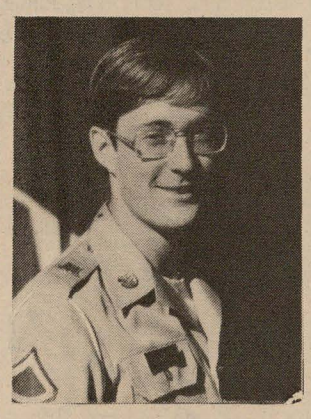
When on leave or authorized to mess separately: $2.65 per day

When rations in-kind are not available: $2.99 per day

Ramblin' Sam

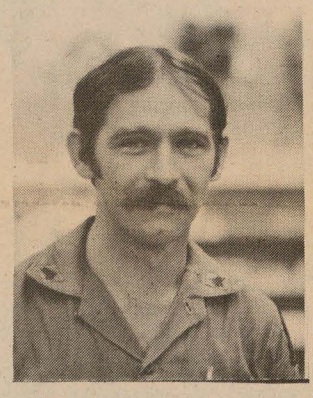


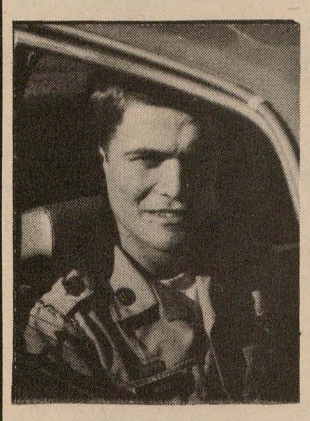
What have you done to improve your chances for promotion?



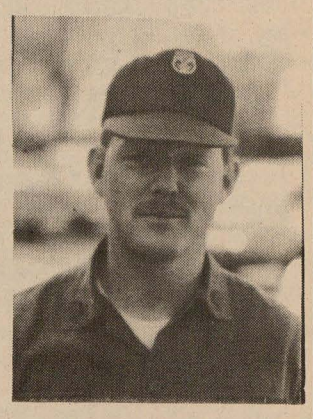
PFC Terry Keil, 402nd MP Co. I've just got here, really. I, well, ah, I do what my NCO's tell me to do. I try to look sharp. Do my job to the best of my ability, which is what I am trying to do now.

Sgt. Ernest McCorkle, Medical Holding Company (Mail). No comment! I was put for promotion once, and later I was taken off the list. Why? Oh, they used a lot of different reasons. Right now I am so discouraged that I say: To hell with it!

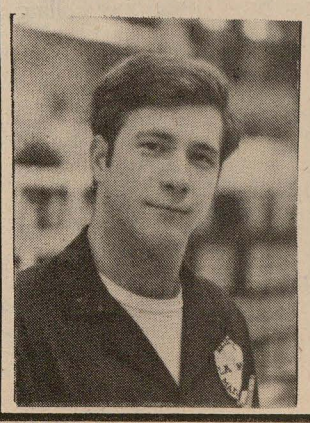




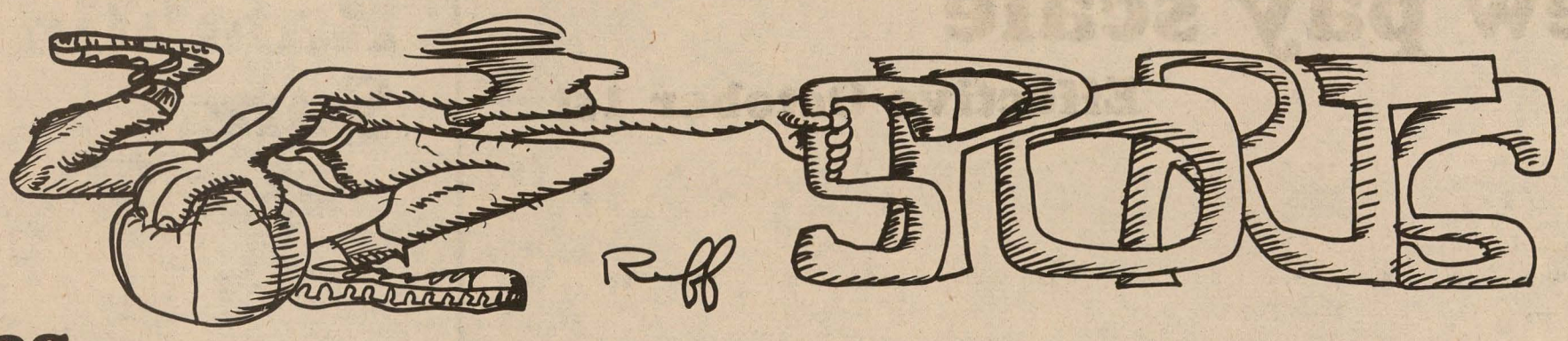
SP4 Dan Woods, 402nd MP Co. I bone up for my MOS Tests. That usually helps. And although I am not what you would call "gung ho," I do try to act in a manner that is consistent with military ways and regulations.



SP5 Marvin Puckett, 51st Engineers. Me? I signed for correspondence courses, although I had to drop out the last two. Taking care of a squad is not the easiest thing in the world. But I must have done something right, because I got promoted just last year to SP5.



SP5 Lansing L. Gasper, LAMC. To improve my chances for promotion? There is a requirement, a 42 week course in medical maintenance. I just applied for it, and right now I am waiting for confirmation.

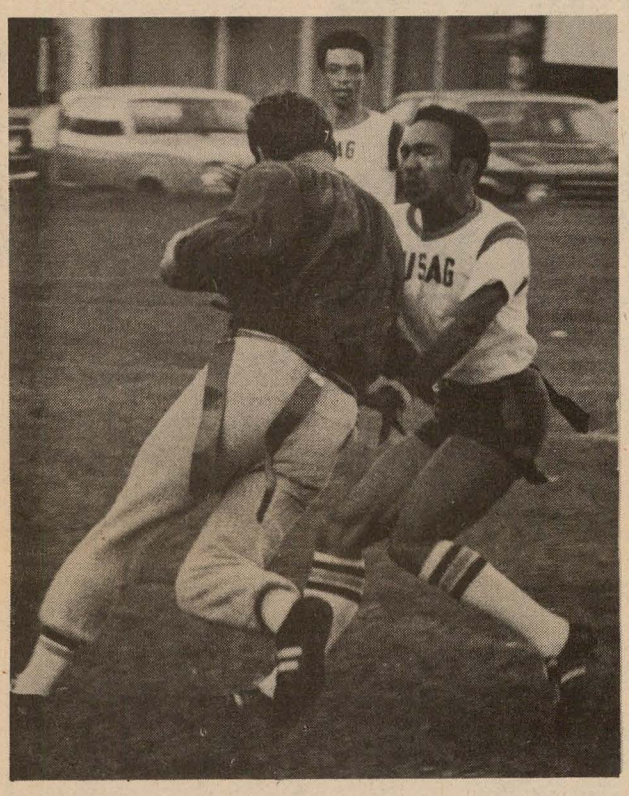


Flag football primer

By Bob Darling

Flag football, that unique, lots of good times, sometimes frustrating, minimum contact sport is in full swing here.

Unlike the more popular versions of football, tackle and touch, flag football is more a game of speed and finesse rather than speed and brawn. And it is this fact that is frustrating a number of the teams at the Presidio.



Quite a few of the coaches and team captains have carefully diagrammed numerous complex plays that even the sharpest mind has difficulty grasping. Ends are button-hooking, backs slant, guards delay, tackles decoy and the quarterback races frantically around the backfield trying to rid himself of the ball and remember the plays.

Many of the teams — seven man squads — are going with basic formations which knot the players into a tight line with one or two backs and the quarterback about three sets back of the center. From these tight clusters they attempt end runs which are easily shut down or passes that receivers have to struggle to get into position to catch. Since the game isn't really designed for "up the middle" plays most attempts in that area are fruitless and more often harmful physically and strategically.

According to national experts, the most desirable offensive game plan is one that churns up eight to ten yards quickly and with minimum contact. With four plays to march 20 yards a well drilled unit should be able to march up and down the field with few obstacles.

A few of the Presidio teams seem to have gotten the message. The best examples are the 504th MP Bn team with James McGammon at QB and LAMC 1 with either Pete Ramsberger or Rich Dennis calling the plays.

These teams employ spread formations, maximum number of receivers and plays that develop and finish in a matter of three to four seconds. While both teams have excellent runners most of their plays begin at the end of passes. The run serves to keep the defense alert and honest and to clip off a few yards rather than the long gain. Both teams feature smooth well-drilled defensive units. These squads feast on the mistakes of their opponents while they play with minimum contact.

LAMC 2 and the Dist. Corps of Engineers are also capable teams. LAMC, unfortunately tends to get caught up in complex plays that accomplish very little. At times, also, they suffer a lack of discipline — that is, sticking with their original plan rather than making changes because a good play seems to be failing.

A number of other teams in the league are loaded with talent but burdened with complex plays. These are the squads with plenty of talented players who are sprinting around the field never knowing exactly what's happening.

These teams would do well to research a few basic flag football plays. In the national manual there are diagrams of the 100 best flag football plays. Most are designed for spread formations. Most are minimum contact, maximum speed plays. Most are designed to chew up eight, ten or fifteen yards.

This season is moving along smoothly, with little injury and dissension thanks to the Sports Office which made a concerned effort to better educate the players and officials. While the games are more "wide open" the addition of a fourth official has made a significant difference.

Presidio riding club holds horse show

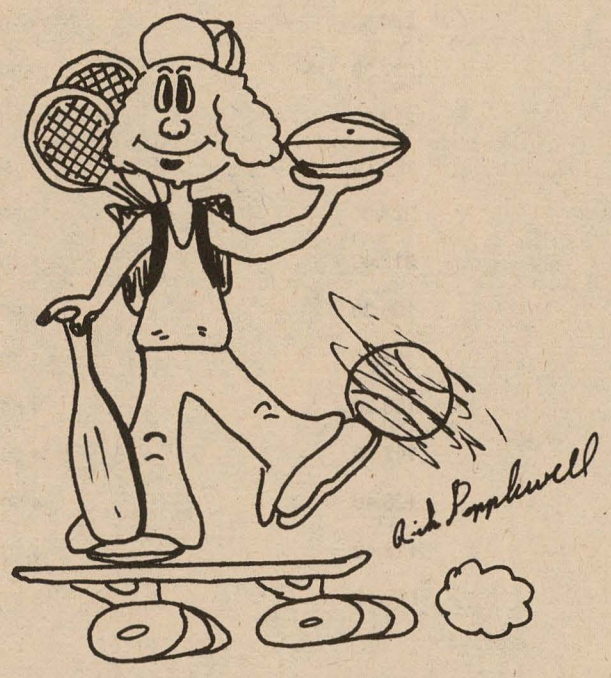
The Presidio Riding Club Annual Fall Horse Show will be held at 8:30 a.m. Sunday, October 17, at the Presidio Riding Club, Fort Barry.

The show will be judged by Mr. Sidney Christian of Menlo Park, Ca., a recognized judge of the American Horseshow Assn.

The show will begin in the riding ring adjacent to the PRC stables. Classes will be held there in equatation, jumping and pleasure. Following a brief lunch break, afternoon classes will resume at the Fort Barry rifle range where hunter-type classes will be held. These are classes judged only on the performance of the horse based on an even hunting pace, manners and style of jumping.

There will be three divisions with a Championship trophy for the winner of each division. There are also two Challenge Trophies to be presented to PRC members only.

The public is cordially invited to attend. Admission is free to spectators. Anyone desiring entry forms or more information should call 561-3254 or 461-1973.



Post Racquetball Championships

A field of forty-nine players participated in 96 matches over a six week period. This double elimination tournament finally produced the two finalists in Raymond Domyslawski, LAMC and Ashby Dickerson, USAG. A very close match had Domyslawski winning by the scores of 21 - 20 and 21 - 19.

Flag football standings

Presidio League	W	L	Fort Scott League	W	L
LAMC #1	5	0	HHD 504th MP Bn	4	0
402nd MP Co	4	2	Dist Engrs	3	0
LAIR	2	3	LAMC #2	2	1
USAG	2	4	WRRC	1	2
864th Engrs.	2	4	16th BPO	0	3
170th MP Co	1	3	51st Engr Det	0	4

Presidio Women's basketball team in 2nd place

Team basketball can be likened to an art. A precise, well choreographed art, and at which our own Presidio's Women Basketball team excel. Through sheer determination and aggressiveness, plus healthy doses of some spirited passing and offensive plays, the Presidio Women's Basketball team were awarded 2nd place in the finals of the 1st Annual Women's All Services Preseason Basketball Tournament (Phew!) held last weekend at Presidio of Monterey.

The Presidio's Women's Basketball team exhibited, throughout the series, a dazzling display of rebounding and passing, and nowhere was it more evident than in the semifinal game. The Presidio team, fighting tooth and nail, came from behind to overcome a good and grimly determined Naval Post Graduate School Team, although it took a double overtime to do it. The final score was a real cliffhanger: Presidio - 36, Navy - 35.

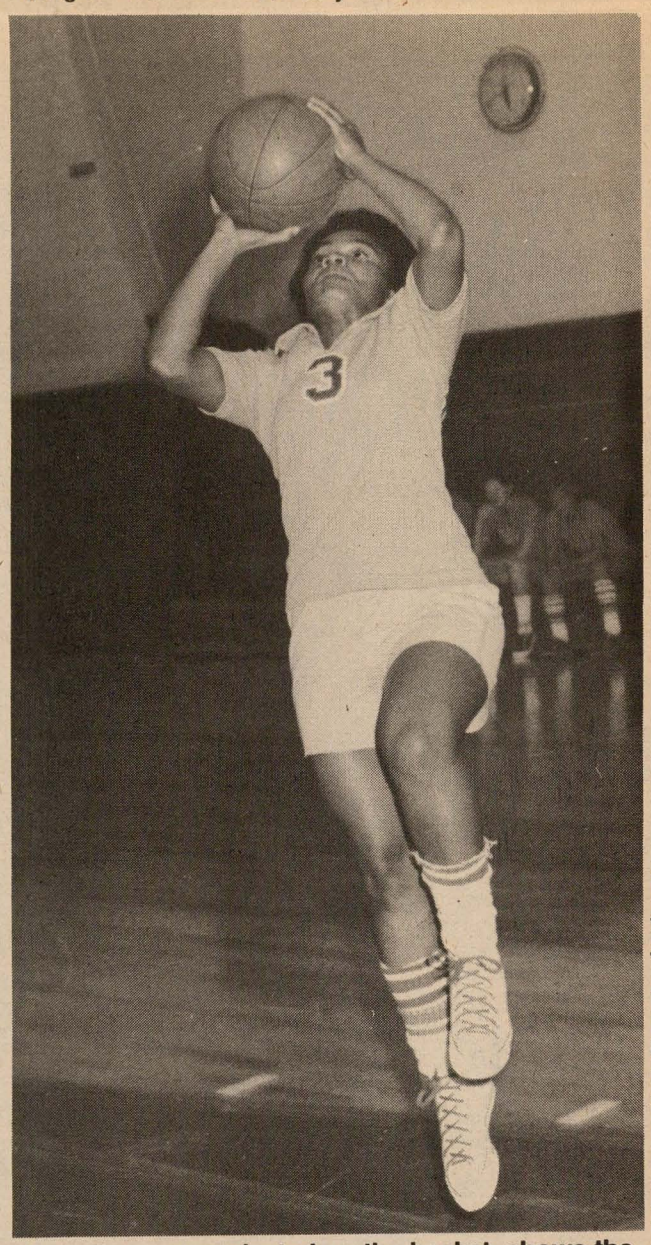


Photo by Sp4 Dennis Jackson

Jean Ross, eyes riveted on the basket, shows the determination that won her an outstanding individual performance award.

Although downed in the final game by a strong Scarborough AFB team, the Presidio's Women played well, and received due recognition when awarded the second place team trophy. To Jean Ross, for outstanding individual performance, went an All Service Team Trophy.

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Star Presidian

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Street Survival

By A.C. Reyes

"Put your hands, both hands, out where I can see them," the Highway Policeman barked, and the flashing red lights on his cruiser only added drama to the scene.

The driver of the stopped vehicle, a robbery suspect, put his hands sullenly out the window. But he wasn't quick enough. Not quick enough, anyway, to suit the man who had the shotgun trained on the driver. A quick, pumping motion, and the ominous click of the shell ramming home sounded and resounded throughout the quiet afternoon.

For SSG Jack Balding, from the 402nd MP Co, the driver of the car, this was a tense moment. Looking back thru his rear view mirror, he could make out the policeman approaching his car. The man walked easily and confidently, almost cocky, on the balls of his feet. About three steps from the car he stopped, and began to say something.

He never even got a chance. A quick, darting movement and Balding had turned, gotten out of his car, and had situated himself between the policeman and his partner. What made it especially bad is that he had a gun, and it was pointed unerringly towards the policeman's middle. The policeman had, to say the least, "blown it."

The voice of the instructor crackled over the air. "All right, break it. We'll have a critique now, and later we'll have some suggestions on how not to get in a situation like that."

The policeman who had had the tables turned on him so neatly, a military policeman from the 170th MP Co, was chastened considerably.

The instructors, Ed Spring, and his partner, Roland Mellor, both Traffic Officers from the CHP (California Highway Patrol) were at the 170th to train, and impart some of their savvy to the 170th troops, and in doing so, perhaps prevent some unseasoned troop from being blown by a gun-wielding maniac.

Play acting, perhaps, but very realistic. And judging from the response of the troops, they were taking it all in.

The guns were real, the car was a genuine CHP black and white cruiser, and the policeman were in full uniform.

In quick succession, the instructors had the 170th MP troops run several different situations. For SSG Jack Balding, PFC Kristy Nelson (170th) and SGT Martin Davis, who had been briefed before hand, it was a ball. They had been picked to play the "baddies."

The MP's who played the part of the arresting officers had not been told what to expect. They had been merely told to try and stop that car, with some variation, like: "You are stopping that car because he is speeding, go to it." Or: "That car ran a stoplight, stop him and give him a citation." Invariably the arresting officers got more than they could handle.

That is, until the team of SGT Rodney Sullivan and SP4 Mark MacDonald, both from the 170th got their chance to be the arresting officers.

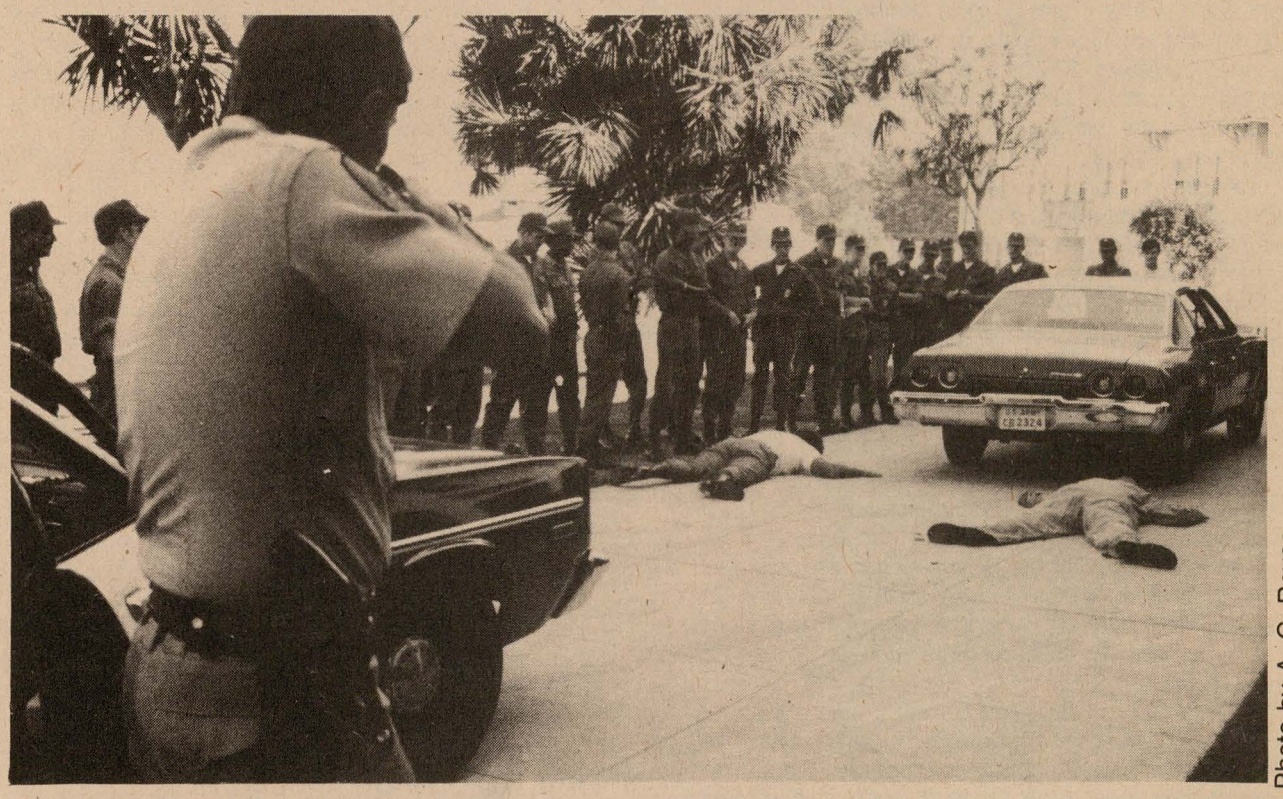


Photo by A. C. Reyes

Two "robbery suspects" are being covered by Roland Mellor, from the California Highway Patrol. Mellor's partner, out of camera range, is approaching suspects to conduct the search.

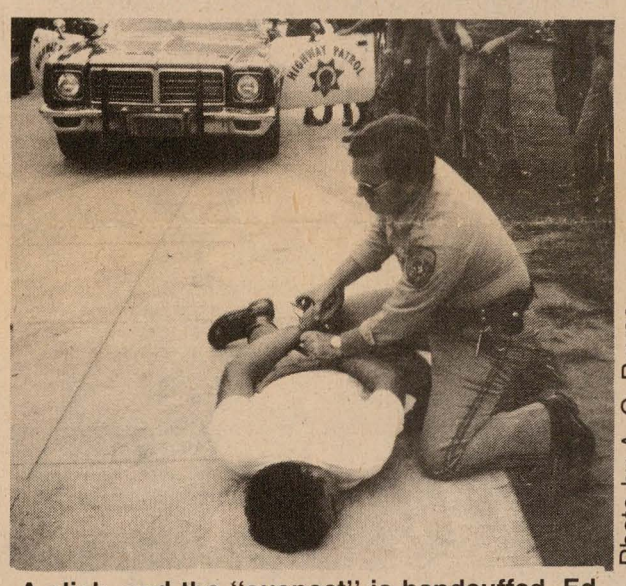
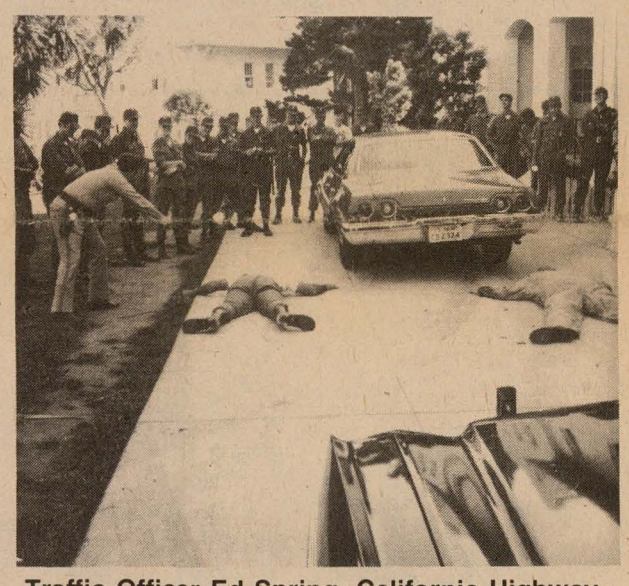


Photo by A. C. Reyes

A click, and the "suspect" is handcuffed. Ed Spring, California Highway Patrolman, kneels over Ssgt. Jack Balding, from the 402nd MP Co. This scene took place during a Basic Police Officer Training Course.



Traffic Officer Ed Spring, California Highway Patrolman, isn't taking any chances, although he's got the drop on Ssgt. Jack Balding, 402nd MP Co. Balding had been picked to play the "baddie," and he brought some unexpected twists to his acting.

They not only were able to make their arrest successfully, they also managed to get the "hidden man" in the back of the stopped car. Good work.

The training, part of the Basic Police Officer's Training Course, is designed to improve the officer's survival chances when confronted by a life-or-death situation. As a matter of fact, it is part of the Officer's Survival Course.

It is a sad fact that attacks on police officers are on the increase. You only have to pick up any newspaper and read it, to know that. Recently, on Twin Peaks, a policeman was shot by a jogger. The fact that he was wearing a vest probably saved his life.

Let's face it, being a cop is not that easy.And if it ever gets to the nitty gritty, all you can hope for is that the training you have had will see you through it. For the men of the 170th MP Co, the training is here, and no doubt, will serve them in good stead.

Army winning war . . .

by Clare Thomas

Drug abuse can be beat.

So says the Department of Defense. And DoD should know.

After all, the military — including the Army — has been waging major war on drug abuse for more than five years now. So, how goes the war?

Right now, the Army appears to be winning — at least on some fronts. And that's good news — especially as the nation pauses to focus its attention Oct. 17 through 23 on "National Drug Abuse Week."

During the week, the Army can point to what its officials say "is the second lowest rate in recorded history" in on-post use and possession of hard drugs.

Still, the war is far from won. Besides continuing to do battle with the abuse of hard drugs, the Army is attacking alcohol abuse full force. It also has scouts out probing the consequences of prescription drug and marijuana abuse.

"The experts still aren't sure about the effects of marijuana," reports Colonel Harold E. Allen, Chief of the Alcohol and Drug Policy Branch at Headquarters, US Army Health Services Command.

"Some say pot smoking is harmful and may create dependency," he explains. "And some say it won't." Six states, for example, no longer consider simple marijuana use a criminal offense.

Either way, statistics show that more soldiers than ever are now being caught puffing or possessing pot. The rate of marijuana offenses for the first quarter of 1976 rose 33 percent over the previous quarter.

"That," Army officials report, "is the highest increase ever recorded." Even with the increase, pot possession and use has yet to and may never rival the Army's number one abuse problem — alcohol.

Altogether, the Army estimates it now has in its ranks some 39,000 soldiers, both officer and enlisted, with drinking problems. Put together, that number almost equals the strength of now one but three complete combat divisions. And that hurts.

Statistics show that Army duty time lost to soldiers' drinking problems totaled some 2,200 staff years at a cost of about $17 million in pay and allowances. Soldiers, however, aren't the only ones with drinking problems.

The Army now estimates it loses one-fourth of an employee's annual salary for every civilian it has with a drinking problem. Again, the total dollar amount can be staggering. Take the statistics for Madigan Army Medical Center, for example:

Right now, Madigan's alcohol and drug control experts estimate some 10 percent of it civilian

continued on page 3

Hot flash . . . Hot flash . . . Hot flash

On-post college courses

The Presidio Army Education Centers are offering on-post college courses beginning Oct. 26 and ending Dec. 16.

Monday and Wednesday, General Physical Anthropology and Child Development will be offered. Tuesday and Thursdays Literature and Experience and Introduction to American Politics will be offered.

Tuition is $33 a unit. Tuition assistance will pay 75 percent and is available to qualified military personnel if DA form 2171 is completed and returned to the Education Center no later than Oct. 19 for classes beginning Oct. 26 and Oct. 20 for classes beginning Oct. 27.

Registration is currently taking place at the Army Education Centers. Text books will be sold the first night of class at the Education Center. For more information contact the Ft. Scott Education Center, bldg. 1216, ext. 2974/4445 or Letterman Education Center, Bldg. 1007, ext. 3693/403h.

Associate degree

If you have a high school diploma or the GED equivalent, maybe you should consider earning an Associate Degree while you're in the Army.

An Associate Degree is awarded to an individual completing two years of study (or the equivalent in semester or quarter hours) in a particular curriculum at a community college, junior college, or some four-year colleges.

Contact your Education Center to find out about the many different programs in your area tailored to the special needs of service people. Education counselors are there to provide you with the facts about earning an Associate Degree and to advise you in choosing the program best suited to your abilities and requirements.

Art show and auction

An Art Show and Art Auction will be sponsored by the Letterman Women's Club at the Presidio Officer's Club in the New Ball Room on Friday, October 22, 1976. The Auction is being presented by the Robert Sills Gallery, which has one of the largest collections of fine original graphics and oil paintings ever seen in the area. Come at 7 p.m. for the preview of all the works of art, then bid on your favorites beginning at 8:30 p.m.

There will be a doorprize of an original oil painting. Refreshments will be served; so come with a friend or neighbor and enjoy the Auction.

Rec Center happenings

Coming events at the Presidio Recreation Center include Saturday sports on the Giant Screen TV, Oct 16. Sunday, Oct 17 at 7 p.m., come and enjoy food and songs at the Coffee House Scene. New York Jets vs New England, Monday night Football on the Giant Screen TV at 6 p.m. Oct 20 from 9 to 12 p.m., Let's Dance, Dance, Dance to Webb's Disco Sounds. Pinochle players are wanted for a Pinochle Tournament, Thursday, Oct 21 at 7:30 p.m. Trophy prizes. A Halloween Party, fun for the entire family. Horror flicks for the kids, hand readers, palmist, live music (dance), food and drink, all free fun. Be looking for you! For more information call 561-2000/5420, or come by the Presidio Recreation Center, Bldg 135.

6th Army Band concert

The 6th U.S. Army Band will hold it's monthly concert Wednesday, Oct. 20, at 7:30 p.m. at the Post Playhouse. The public is invited.



The Jazz Workshop Band is shown in rehearsal at the Presidio Music Center, preparing the big band contemporary sounds of "now" for the Gala Concert — "NOSTALGIA AND NOW," at the Presidio Playhouse on Tuesday, October 26 at 8 p.m.

Gala concert

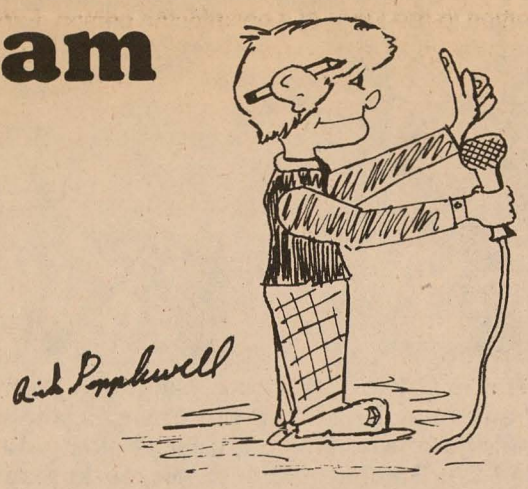
The Music and Theatre Branch of Recreation Services will present a Gala Concert - "NOSTALGIA AND NOW" — on Tuesday, October 26, at 8 p.m. at the Presidio Playhouse. The big band contemporary sounds of "now" will be played by the Jazz Workshop Band and the "oldies but goodies" nostalgia portion of the program will be highlighted by the Sy Winkler Orchestra. The special guest artist will be Leo Collignon, well-known local area guitarist. The Jazz Workshop Dance Ensemble will also be featured as a special attraction.

Free tickets will be available at the Playhouse Box Office from 1 - 5 p.m. daily, except Saturday and Sunday, beginning Monday, October 18. Seating will be on a first-come-first-seated basis for those holding tickets, with doors opening at 7:30 p.m.

Blood drive

The final quarterly Blood Drive for the Presidio will be held November 9. All military and civilian personnel are asked to participate in this drive, since all help is needed. The donations can be given from 8 a.m. until 3:30 p.m. at the Rec Center, Bldg. 135. For more information contact your unit activity supervisor or call DPCA at ext 4516.

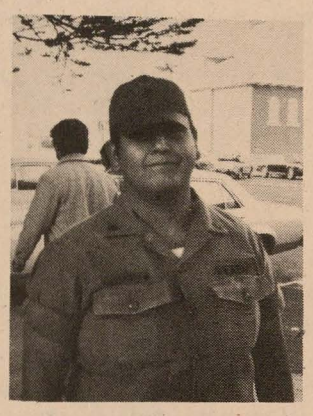
Ramblin' Sam



In your opinion, do you think women in the armed services have the same opportunity for advancement as their male counterparts?

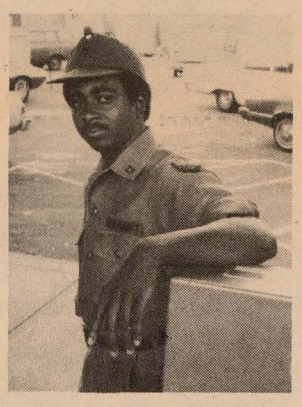
SP4 John Rodriguez, 402nd MP Co. The opportunities for advancement are there. And although the majority of them (women) are hard working, you'll find some who try to get over, you know, do only the minimum that's required. What I am saying is that the opportunities are there, and it is up to the individual. Also, you find some who are not above using their femininity.



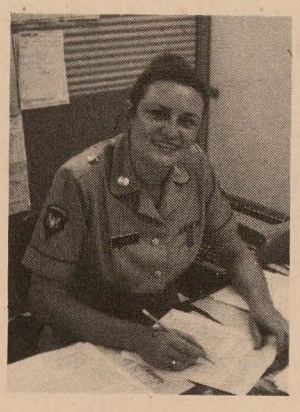


SP4 Joallen Sams, Clerk typist, 170th MP Co. No! The reason I say this is that I really don't see that many women officers, and I think that there should be more. Seems to me that they are being held back. Perhaps afraid of being shown up.

PFC Michael Hunt, USACC. I think they do. Opportunities, I mean. But I really don't think that they fully realize their potential. I think some tend to get over a bit, if you know what I mean.



SP5 Suzanne M. Pinault, Secretary to the Personnel Officer. I think yes, because I think you are rated on what you do, on how you perform your military duties, the same as males. And so far as promotion points, everybody is rated on the same scale. BUT as far as being in supervisory positions, I think most of the time a man is picked. That's neither right nor proper. On the whole, I'd say that women have to assert themselves more than men, to prove that they can get ahead.



PVT Lanette Taylor, Hqs Co USAG. From my short time in the service and from what I have seen, women do have the same opportunities in some cases. There are women in the armed services who use the fact that they are female to advance their career at a more rapid pace. They want to be treated equal, yet special. Their male counterparts have seen through this and the result is more strict treatment of the hard working WAC who is willing to work for the rank.



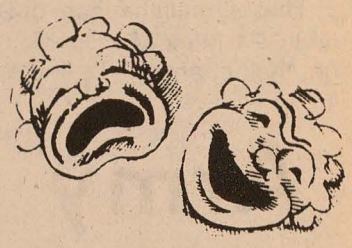
Movies

PRESIDIO THEATER

FRIDAY, October 15, Love and Death (PG) 7 p.m.
Saturday, October 16, A Small Town in Texas (PG) 7 p.m.
Saturday, October 16, Special Matinee, Cartoon Festival (G) 2 p.m.
Sunday, October 17, The Outlaw Josey Wales (PG) 7 p.m.
Monday, October 18, The Outlaw Josey Wales (PG) 7 p.m.
Tuesday, October 19, Don't Open The Window (R) 7 p.m.
Wednesday, October 20, Alice Doesn't Live Here Anymore (PG) 7 p.m.
Thursday, October 21, Chesty Anderson, U.S. Navy (R) 7 p.m.

SCHWARTZ/LETTERMAN

Friday, October 15, Barry Lyndon (PG) 7 p.m.
Monday, October 18, Love and Death (PG) 7 p.m.
Tuesday, October 19, A Small Town in Texas (PG) 7 p.m.
Wednesday, October 20, The Outlaw Josey Wales (PG) 7 p.m.
Thursday, October 21, Alice Doesn't Live Here Anymore (PG) 7 p.m.



Star Presidian

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Colonel Warren J. Lodge, commander
Major Michael J. Williams, public affairs officer
SFC A. C. Reyes .....Editor

Vaccinations . . . Gearing up

FROM: COL Henry J. Donnelly, MC, Director of Health Services, PSFC

The Presidio is gearing up for the biggest dose of preventive medicine in recent history, swine flu vaccination for all active duty military, retired, high risk chronic illness persons, dependents and civilians who work at the Presidio. Why is the Presidio, as well as the rest of the Army and the U.S. so concerned?

You probably have heard a good deal about swine flu and swine flu vaccine. You may know, for example, that swine flu caused an outbreak of several hundred cases at Ft. Dix, New Jersey early in 1976. Before then swine flu had not caused outbreaks among people since 1918 - 19.

With the vast majority of Americans being susceptible to swine flu, it is possible that there could be an epidemic this winter. No one can say for sure. However, if an epidemic were to break out, millions of people could get sick. Therefore, a special swine flu vaccine has been prepared and tested which should protect most people who receive it.

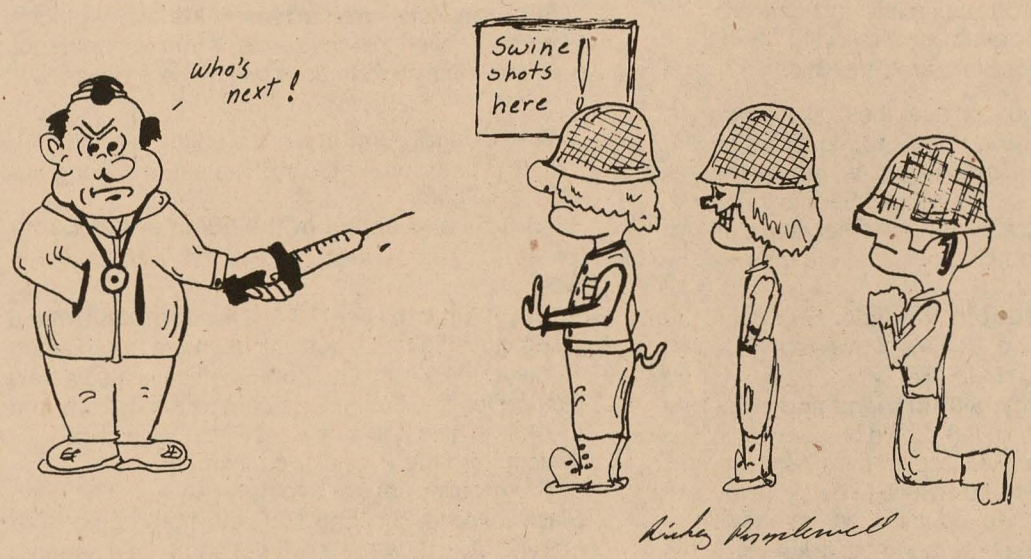
Certain people, such as those with chronic medical problems and the elderly, need annual protection against flu. Therefore, besides protection against swine flu, they also need protection against another type of flu (Victoria flu) that was around last winter and could occur again this winter. A separate vaccine has been prepared to give them protection against both types of flu.

These vaccines have been field tested and shown to produce very few side effects. Some people who receive the vaccine had fever and soreness during the first day or two after vaccination. These tests and past experience with other flu vaccines indicate that anything more severe than this would be highly unlikely.

As the Director of Health Services let me try and answer some of the most common questions that have been asked of me in recent weeks.

What is influenza? It is a respiratory disease caused by a virus. Flu has been called mankind's "last great plague" because it is the only human disease that occurs simultaneously in many widely separated geographical areas and can cause widespread illness and death.

How is influenza spread? When a person has influenza, or is coming down with it, the fluids in the nose and mouth contain viruses. When they are expelled into the air through sneezing, coughing, or just talking, they are picked up by others.



How serious a disease is influenza? For most people, the kinds of influenza we usually encounter can produce a moderately severe illness but not a serious health threat. For others, it can be a serious problem.

What are the symptoms of influenza? The flu symptoms come on suddenly and may include some or all of the following: fever, chills, headache, dry cough, and soreness and aching in the back and the limbs.

Is there a treatment for influenza? No medicine is now known to cure influenza.

How effective would a vaccine be against influenza caused by the swine-flu virus? In the past, the effectiveness of flu vaccines has depended primarily on how closely they matched a particular type and strain of influenza. Today's vaccines are more potent, purer, and produce higher levels of immunity with fewer adverse reactions.

Will the vaccine give an individual the flu? The vaccine will neither give the individual the flu nor cause the individual to give it to others. The vaccine will use viruses that have been killed.

Can pregnant women receive swine flu vaccinations? Yes, this is a killed virus vaccine and pregnant women will have the same balance of benefits and risks as the rest of the population.

Since this vaccine is grown in fertilized eggs, what about people who are allergic to eggs? Individuals allergic to eggs should refrain from being vaccinated. They will gain protection in that the surrounding community will consist of vaccinated persons who are, thereby, rendered incapable of catching and passing on the virus.

Will taking the swine flu vaccine guarantee against coming down with any type of flu? No. It will only protect against this new flu strain.

How long before the innoculation makes an individual immune? On the basis of other flu vaccines, in about 2 weeks the body will begin to be protected by antibodies.

Since the new virus resembles a swine-type flu, is eating pork dangerous? The virus of influenza is spread by breathing from the lungs of an infected person to the lungs of a noninfected person. Except for those who may come in contact with an infected hog — veterinarians, farmers, etc — there is no danger from swine or pork products.

Preventive medicine is the best medicine. Be sure to get your Swine flu shot.

Army winning war . . .

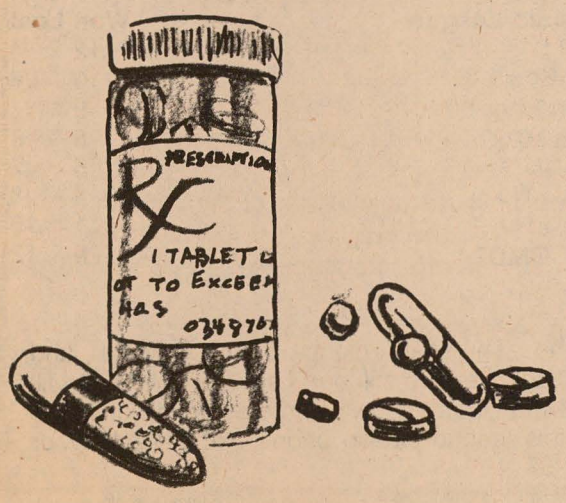
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work force may have problems with drinking. The average salary for Madigan's civil servants is roughly $12,000 each. Multiply $3,000 (one-fourth of one employee's annual salary) by 400 (10 percent of Madigan's civilian work force) and the amount of money lost to drinking problems comes to more than $1 million annually.

Still, the Army has made some dents in the armor of its number one drug abuse enemy.

Since starting its major assault four years ago, the rate of soldiers with admitted drinking problems has risen from 3.2 to 9.2 cases per 1,000.

"The simple fact that more are seeking help serves to indicate that the Army program has gained credibility with commanders, physicians and alcohol abusers," reports Chaplain (Colonel) Charles Gibbs, the Army's former education officer for drug and alcohol problems. So how is the Army attacking the problem?



Basically, the Army is using a three-pronged approach for both drug and alcohol abuse. Its three points are preventive education, early identification of abusers and short-term rehabilitation.

Altogether, the Army allows each soldier 60 days of confidential treatment and rehabilitation. Civilians get 90 days either via the Army's program, local Alcoholics Anonymous or similar groups. All cases are followed for one year.

During that year, no one is ever "fired" solely for abuse. Discharge action comes only if rehabilitation fails. Still, even with that, the Army has yet to overcome a major hurdle.

"Our biggest problem is still getting the problem drinker out of the closet," Chaplain Gibbs reports. Unlike drug abuse, no fail-safe method has been devised for detecting problem drinkers.

"Most," Chaplain Gibbs says, "refuse to admit they have a problem — even to themselves." Friends, family and supervisors also tend to cover up.

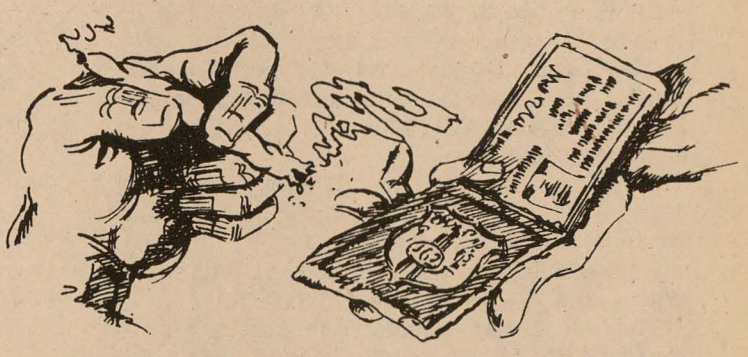
"Yet," he adds, "the most responsible and caring thing anyone can do for a problem drinker is to refer the person to help."

Drugs, including alcohol, cigarettes, prescribed drugs, and over-the-counter drugs are so much a part of our drug-oriented society that often it is only when we get in trouble with them that we begin to look for alternatives.

Three obvious and often separate goals of the drug user are: 1) to get "high," in varying degrees, from relaxation to "peak experience," 2) to relieve pain — either physical or emotional and 3) to alter states of consciousness — to perceive oneself and one's world differently.

These goals can be achieved without the use of drugs. They are then accompanied with higher self-esteem, are more enduring, and less self-destructive. One of the Presidio Alcohol and Drug Abuse Program objectives is to assist each individual to discover his or her own "alternatives" and fulfill his or her own potential — without the use of drugs.

In keeping with this year's theme two unusual and exciting films will be offered at the Post Recreation Center on Wednesday and Thursday, October 20th and 21st. Showings will be from 12 to 1 p.m. and again from 7:30 to 8:30 p.m. each day. Members of the ADAP staff will be present at the showings to offer information or to participate in any discussions. All the Presidio community is cordially invited.



For more information concerning the activities scheduled for the Presidio during National Drug Abuse Week, contact your ADAP representative at ext. 3784/3753.

Reprinted from HSC Mercury

The secret eye

A gathering of people and events under the watchful SP typewriter

By Eve S. Dropper

Hey, any of you peoples miss the column last week??? No, huh? Well, the truth's finally out!!! I do know some of the guys at the 16th BPO missed my weekly call . . . and I do appreciate the concern. Flowers always cheer me up . . . especially when I feel as low as I did. Hospitals are no picnic . . .

So here I am. Back to stomping the old keyboard . . . sounds like I'm playing the piano, doesn't it?

The 227th Medical Detachment is out in the field . . . FTX - field training exercise. Seems they'll be digging foxholes and doing all that other neat stuff that goes along with 'camping-out' . . . I like my way better!!!

While the 227th is out in the field, SP5 John McCauley will stay behind . . . He's convalescing . . . when's the cast come off, John???

While I was gone, my faithful friend and companion, SP4 Carol Cronin left. She's on her way to Germany . . . the long way. Called my folks last night, and Carol will soon be where I'd love to be . . . at my mama's house!!! But, we do miss her already!!! Enjoy . . . this may be the only round-trip ticket you'll ever get!!!

And SFC A.C. Reyes is leaving me, too!!! Going on leave, then a PCS to Germany! Only I don't think he and Carol have gotten assigned to the same place . . . too bad. But I do wish you weren't all leaving at the same time! See, as soon as you get used to working with someone, they PCS, ETS, or TDY . . .

Some new people have joined the 864th Engineers. Pvt. Evison Beck came from AIT at Ft. Leonard Wood. And along with Evison, Pvt. David Babaineaux came too. Pvt. Babaineaux . . . sounds like a Louisiana name . . .

SP John Zott sprained his ankle playing touch football . . . even lost the game. If you're gonna get hurt, the least you can do is win in the process . . .

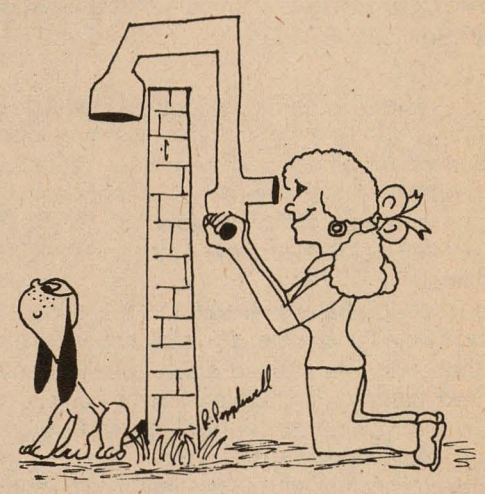
And Lt. John Chaufty, of the 864th, is no longer a Lt. He's been promoted to Captain . . . Congrats, Captain Chaufty . . .

All E-5s and above of the 864th are at Camp Parks . . . combat training. So, they'll be out for a week . . .

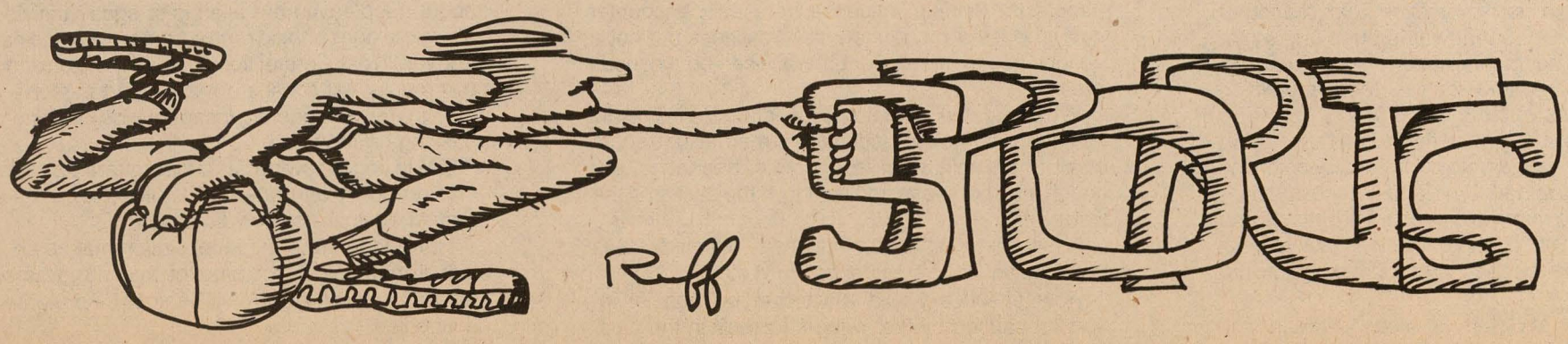
The 504th HHD beat LAMC II in football!!! Good going, guys!!! And Lt. Lester Hazen is a new platoon leader at the 170th. Lt. Thomas Africa is also a new platoon leader, but he was sent to the 402nd. And the 402nd also has a new 1st Sgt., David Heath . . . Welcome to the Presidio, gentlemen . . .

The motor pool got two new guys . . . Pvt. John Blackwell and Pvt. Earl McGrath both came here from Ft. Dix . . . we've even got some new sedans, guys . . . so enjoy!!!

A member of the 16th BPO was 'wounded in action' Wednesday a.m. Seems Sgt. James Woods was moving a safe and hurt his leg . . . only a scratch . . . hope it feels better soon!!! PFC Ricky Weaver was promoted to SP4 . . . congrats, Ricky!!! Last Friday, the higher echelon took a trip to Ft. Ord to review the postal procedures . . . went down on a helicopter . . . must've been a really nice trip . . . They hope they'll be able to straighten out some of our postal problems, now . . . YEA!!!



Another week . . . this one was nice and short! Kind of makes things a bit hectic, but it's nice, too! Keep a stiff upper lip, smile, and be sure to take 'n take 'n keep on whatevering . . . I will.



Taekwon-Do

The Reitenbach Institute of Taekwon-Do offers a continuous course in self-defense for men, women, and children. These classes are held on Mon., Wed., and Fri. evenings in the Ft. Scott Gym. The program is scheduled from 6:30 to 7:30 p.m. For further information contact Mr. J.R. Reitenbach, 992-3939.

Flag football standings

Presidio League	Won	Lost
LAMC No. 1	7	0
402nd MP Co	5	3
USAG	3	5
864th Eng Co	3	5
170th MPC Co	2	4
LAIR	2	5
Ft. Scott League		
HHD 504th MP Bn	4	0
Dist. Corp of Engr.	3	0
LAMC No. 2	3	1
WRRCI	1	3
16th BPO	1	3
51st Eng. Det.	0	5

Flag football results

The Oct. 6 game saw the 16th BPO emerge with their first win of the season with a 17 - 7 win over the 51st Eng. Det.

LAMC #2 had complete control in an easy win, 25 - 12, over WRRC on Oct. 6, too.

LAMC #1 is still undefeated and their defense has given up an average of only eight points a game. The Oct. 7 game saw LAMC #1 walk off with a 20 - 0 win over the 864th Eng.

A tight game between the 402nd MP Co and the 170th MP Co saw the 402nd score in the third quarter and pull a 20 - 12 victory on the 7th.

A close defensive battle occurred as USAG edged LAIR with a 12 to 6 win, also on the 9th.

The Oct. 12 games started with a cliffhanger seeing the 170th MP Co win their second game of the season with a 7 - 6 skate past LAIR.

The 864th Eng., who have lost several close games, won a close one over USAG with a 7 - 6 win.

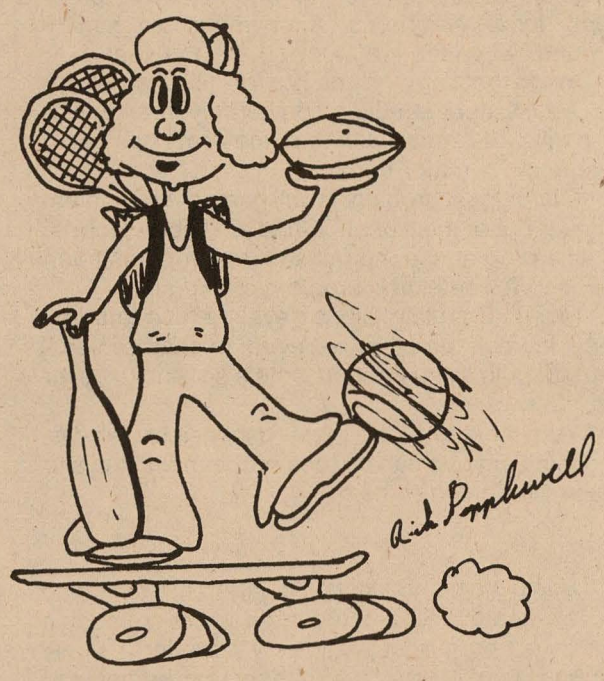
Undefeated LAMC #1 barely won in overtime with a 9 - 8 victory over the 402nd MP Co.

Youth basketball

Registration for Youth Basketball will start October 18, 1976 and continue thru November 19. All active duty and retired military dependents, boys and girls, between the ages of 9 - 16 may participate. A fee of $2.00 is payable upon registration which will take place at Recreation Services Division, Bldg 122, during duty hours. All personnel desiring to volunteer their services as coaches are urged to call SSG Tom Howerter, Basketball Commissioner, Ext 5222. For further information call Director, Youth Activities (Mr. Kvitky), Ext 2002.

Squash championship

The post Squash championship is scheduled to start Monday, Oct. 18, 1976 at the post gym. A field of 12 will be playing in a double elimination tournament. The favorites are Edward Flanagan and Joseph Egan.



Basketball clinic

All active duty personnel assigned to the Presidio are invited to attend the Basketball Coaches and Officials Clinics. They will be held at the Post Gym, Bldg. 63, from 11:30 to 12:30 on Oct. 19, 21, 26, and 28.

Skeet shouting tournament

FORSCOM is holding its FY 77 Skeet Shooting Tournament at Fort Bragg, North Carolina, November 15 - 19, 1976. Anyone interested in representing the Presidio of San Francisco, please contact Presidio Outdoor Recreation, Bldg. 122, ext. 4324/4356. Cutoff date for application is noon, Friday, Oct 22, 76.

Notes from the kegboard

Bowling Standings

Ft. Scott League	Won	Lost
170th MP Co	8	0
USASA	7	1
6th Reg. CID	5	3
SFFO CID	5	3
16th BPO No. 2	4	4
LAMC No. 3	4	4
402nd MP Co	4	4
Spt. Elm. No. 2	3	5
Courier Sta.	0	8
525th MI Gp. No. 2	0	8
Golden Gate League	**Won**	**Lost**
LAMC No. 2	12	0
16th BPO	9	3
USAG No. 3	6	6
525th MI Gp No. 1	6	6
USAG No. 2	3	5
87th Ord.	2	6
AFPD	1	7
504th MP Bn	1	7
227th Med. Lab		

Presidio League	Won	Lost
LAIR	12	4
51st Eng	10	6
864th Eng	9	7
170th MP Co	8	0
USACC	5	7
USAG No. 1	4	8
LAMC No. 1	1	15
HQ COMDT	0	12

The Thursday night, 5:30, Officers and Civilians' League still need several bowlers to fill up 5-man teams. Bowlers interested in signing up for this league please phone ext. 5197/4567 or 992-5714.

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The horrible history of Halloween

by Rebecca Sherwood

Halloween. A night of ghoulies, ghosties, witches, and things that go bump in the night.

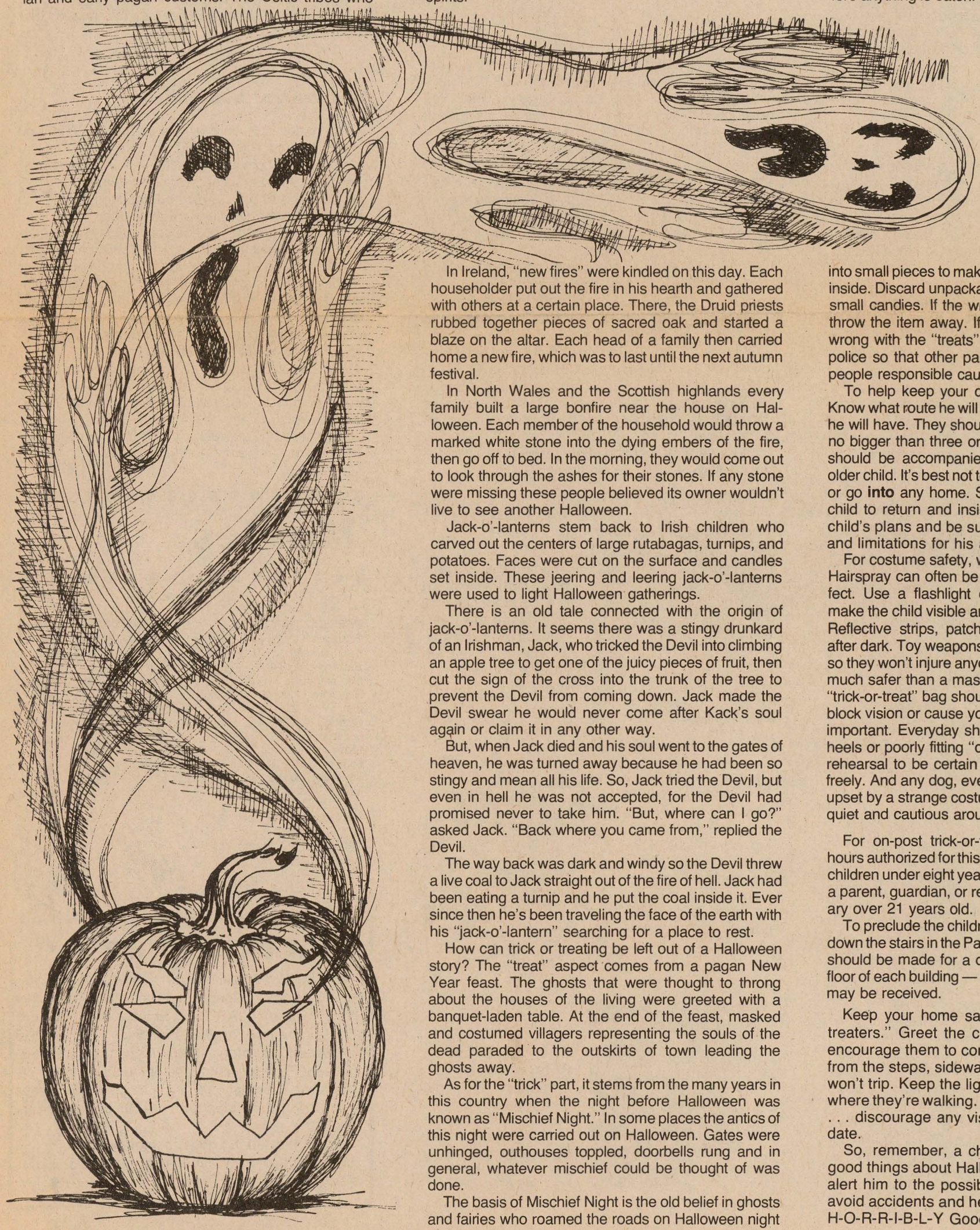
Halloween means "holy or hallowed evening" and comes the evening before All Hallows or All Saints Day, November 1.

It was in the eighth century that Pope Gregory III declared November 1 as the day for the church festival of All Hallows, or All Saints' Day. In the following century Pope Gregory IV decreed the day to be a universal church observance. It was in honor of all the saints who had died with or without church recognition of their sanctity.

Our Halloween stems from a combination of Christian and early pagan customs. The Celtic tribes who followed the religion of the Druids celebrated their New Year on Nov. 1. It was also a joint festival honoring their Sun God and the Lord of the Dead.

This was the time when the dead flocked back to mingle among the living. It was believed that the Lord of the Dead allowed the spirits of those who had died during the past twelve months to spend a few hours at their homes. There they could warm themselves at the blazing hearth and enjoy the smell of food cooking on spits in the fireplace.

Fire has played a great part in the ancient observance of Halloween. Great bonfires on hilltops were used to honor the sun god and to frighten away evil spirits.



In Ireland, "new fires" were kindled on this day. Each householder put out the fire in his hearth and gathered with others at a certain place. There, the Druid priests rubbed together pieces of sacred oak and started a blaze on the altar. Each head of a family then carried home a new fire, which was to last until the next autumn festival.

In North Wales and the Scottish highlands every family built a large bonfire near the house on Halloween. Each member of the household would throw a marked white stone into the dying embers of the fire, then go off to bed. In the morning, they would come out to look through the ashes for their stones. If any stone were missing these people believed its owner wouldn't live to see another Halloween.

Jack-o'-lanterns stem back to Irish children who carved out the centers of large rutabagas, turnips, and potatoes. Faces were cut on the surface and candles set inside. These jeering and leering jack-o'-lanterns were used to light Halloween gatherings.

There is an old tale connected with the origin of jack-o'-lanterns. It seems there was a stingy drunkard of an Irishman, Jack, who tricked the Devil into climbing an apple tree to get one of the juicy pieces of fruit, then cut the sign of the cross into the trunk of the tree to prevent the Devil from coming down. Jack made the Devil swear he would never come after Kack's soul again or claim it in any other way.

But, when Jack died and his soul went to the gates of heaven, he was turned away because he had been so stingy and mean all his life. So, Jack tried the Devil, but even in hell he was not accepted, for the Devil had promised never to take him. "But, where can I go?" asked Jack. "Back where you came from," replied the Devil.

The way back was dark and windy so the Devil threw a live coal to Jack straight out of the fire of hell. Jack had been eating a turnip and he put the coal inside it. Ever since then he's been traveling the face of the earth with his "jack-o'-lantern" searching for a place to rest.

How can trick or treating be left out of a Halloween story? The "treat" aspect comes from a pagan New Year feast. The ghosts that were thought to throng about the houses of the living were greeted with a banquet-laden table. At the end of the feast, masked and costumed villagers representing the souls of the dead paraded to the outskirts of town leading the ghosts away.

As for the "trick" part, it stems from the many years in this country when the night before Halloween was known as "Mischief Night." In some places the antics of this night were carried out on Halloween. Gates were unhinged, outhouses toppled, doorbells rung and in general, whatever mischief could be thought of was done.

The basis of Mischief Night is the old belief in ghosts and fairies who roamed the roads on Halloween night curdling milk and riding people's horses to exhaustion. Any practical joke could thus be blamed on these little creatures over whom no one had any control.

The fun, laughter and pranks of Halloween night are bright spots in every child's life. But there are some precautionary measures to take to make sure your child's Halloween stays happy.

Watch out for risky roadways. Children become careless from excitement and may run into the road. Dusk is the time of poorest visibility for drivers. Be careful with open flames from jack-o'-lanterns, candles. A child's costume or flowing wing can burst into flames.

Insist that treats be brought home for inspection before anything is eaten. Fruit should be washed and cut into small pieces to make sure nothing has been placed inside. Discard unpackaged items, such as popcorn or small candies. If the wrappings are opened or loose, throw the item away. If you should discover anything wrong with the "treats" brought home, report it to the police so that other parents may be warned and the people responsible caught.

To help keep your child safe, know his/her plans. Know what route he will be following, what companions he will have. They should be his age level and groups no bigger than three or four are best. Young children should be accompanied by an adult or responsible older child. It's best not to call at the homes of strangers or go **into** any home. Set a reasonable time for your child to return and insist that he keep it. Know your child's plans and be sure he understands your rules and limitations for his activities.

For costume safety, wigs should be non-flammable. Hairspray can often be used to create the desired effect. Use a flashlight or battery-powered lantern to make the child visible and let him see where he's goin. Reflective strips, patches or paint increase visibility after dark. Toy weapons should be made of cardboard so they won't injure anyone if the child falls. Make-up is much safer than a mask, which can block vision. The "trick-or-treat" bag should be small enough so it won't block vision or cause your child to trip. Shoes are very important. Everyday shoes are much safer than high heels or poorly fitting "costume" shoes. Have a dress rehearsal to be certain your child can see and move freely. And any dog, even the family pet, may become upset by a strange costume. Instruct the children to be quiet and cautious around dogs.

For on-post trick-or-treating or on sub-posts, the hours authorized for this activity are 6:30 to 8:30 p.m. All children under eight years old must be accompanied by a parent, guardian, or responsible member of the military over 21 years old.

To preclude the children from having to climb up and down the stairs in the Park Presidio area, arrangements should be made for a centralized area on the ground floor of each building — stairwells — where the children may be received.

Keep your home safe for other parent's "trick-or-treaters." Greet the children at the door but don't encourage them to come inside. Remove obstacles from the steps, sidewalks, and lawn, so the children won't trip. Keep the light on so the children can see where they're walking. Halloween is a one night affair . . . discourage any visits before or after the actual date.

So, remember, a child looks forward to only the good things about Halloween. Your preparation can alert him to the possible danger, show him how to avoid accidents and help him to have . . . a safe and H-O-R-R-I-B-L-Y Good Time.

Hot flash. . .Hot flash.

Rec Center happenings

Friday, Oct. 22, there will be a Halloween Party at 7 p.m. Scary movie, occult happenings — a Palm Reader and Physiogamist — games, refreshments and dancing until midnite featuring "Etta and the Radiations." The whole family is invited to attend. On Monday, Oct. 25, Veteran's Day Holiday, the Rec Center will be open at 2 p.m. At 6 p.m., Monday Night Football on the Giant Screen TV — St. Louis at Washington. Also, the Chess Class and Games start at 7:30 p.m. The Chess class is open to military and dependents. Here is your chance to improve your Chess Game. On Wed. Oct. 27, at 9 p.m., it's Webb's DISCO TIME again. On Thurs., Oct. 28 at 8 p.m., Dr. MARVAC, the hypnotist. Dr. MARVAC has performed at military installations around the world. He has a super show and everyone is invited to see his fantastic performance. You think you can't be hypnotized? Well, Dr. MARVAC accepts your challenge.

Change of uniform

It's that time of year again when plush green grass turns brown, and warm summer days disappear into cool fall ones.

It's also the time of year for Army khaki uniforms to give way to Class A greens. October 29 is the last day summer uniforms are authorized.

Put your best foot forward. Get your greens out of mothballs and into proper shape. With advance preparation, you can present yourself on changeover day in the uniform of a professional.

Christmas bazaar

An Old Fashioned Christmas Bazaar, sponsored by the Presidio Women's Club will be held on Thursday, November 4, 1976 at the Presidio Officer's Club, in the Moraga Room. You are invited to come "over the Hills and across the Parade Field" to do your Christmas buying early while helping the Military Community at the same time.

All proceeds from the Annual Bazaar will go toward supporting the PWC Military Charities and Scholarship Fund.

At 11:30 a.m. the doors will open to an old fashioned shopping spree, where you will find an unusual array of handmade gifts, decorations, ornaments and candles. There will be silent auctions, a grab bag full of stocking stuffers, a Country Store full of delicious homemade goodies, white elephants, plants and a Signature Booth featuring unique "one of a kind" items. Come early for the best selection . . . the doors will stay open until 7:00 p.m., if any items still remain.

Contest

To stimulate the interest of dependent youths (active and retired military dependents) to state their ideas and preferences in excelerating the youth program on this installation, a contest will be held. Prizes will be awarded to those youths who submit in writing the best suggestions based on: Originality, Realistic and feasible programs, Financial capability of utilization and Interest to dependent youths.

Prizes awarded will be a $25.00 US Bond for the winner and a $25.00 US Bond for the runner-up in each of the following age groups: 6 - 9 yrs; 10 - 13 yrs; 14 - 18 yrs.

A committee will be selected to determine the winning letters.

The deadline for this contest will be the close of duty hours December 3, 1976. Entries should be submitted to Recreation Services division, building 122, PSF.

Pre-Halloween dance

The Teen Club will hold a Pre-Halloween Dance from 10 p.m. to midnight, Saturday, October 23, 1976. Music will be furnished by that outstanding band "Southern Comfort." Admission is $1.25 for members and $1.75 for guests. Refreshments will be available.

No time

So you've been crying about how much work you're doing. Never get any time off, eh? Well, let's look at it this way. There are 365 days in a year. You are entitled to 30 days leave and have the privilege of a three-day pass about every six weeks. That's a total of 56 days, leaving 309 days.

There are approximately 16 National Holidays and 104 Saturdays and Sundays. That narrows the balance to 189 days. You sleep approximately eight hours a day and spend another eight off duty. That takes up another 125 days of your year and leaves Uncle Sammy with 63 days.

If you take an hour a day for coffee, cokes, and incidentals, that's 15 days a year. Only 48 left, 52 half work days a year are set aside for military training such as PT, information and education lectures. The balance is now 22 days.

Of these 22 days, 12 are pay days, and you know how much you get done then. That leaves 10 days.

Statistics show that the average person spends two days a year in the dental clinics and seven days undergoing medical treatment. That narrows it down to one day.

And brother, if you can't figure how to goof off for that one day a year, you're hurting.

Crime prevention

Presidio of San Francisco supplement 1 to AR 190-31, Army Crime Prevention, contains requirements for Commanders and designated staff agencies concerning crime prevention. The Crime Prevention Council will meet on October 29 at 9 a.m. in the Post Conference Room, Bldg 220. Council members required to attend are representatives from PAO, SJA, DFAE, RR/EO, DPTSEC, ADCO, and Crime Prevention Officers from HQ CO, USAG; HQ, 504th MP Bn; Co D, 864th Engr Bn/51st Engr Det; 16th BPO. Commanders of the listed units plus all other interested personnel including representatives of tenant units/activities are also invited.

Great pumpkin

Come and see if "The Great Pumpkin" will rise at San Francisco USO's pumpkin patch on Halloween Night.

A Halloween party, and preparations for the vigil, will start at 4 p.m. and last until 11 p.m., Saturday, October 30, at the Center at 1019 Market St., between 6th & 7th Sts. Everyone is welcome, young and old, and especially families with children.

Come in costume. There will be something going on for everyone, every age. Old-fashioned Halloween refreshments will be served — cookies, cupcakes, brownies, sherbert, soda punch, hot apple cider, popcorn, cake, pumpkin pie. There will be fortune tellers, card readers, a dance, some surprises, and, who knows, maybe "The Great Pumpkin" himself.

For additional information call San Francisco USO, 621 - 0630.

Retirement benefits

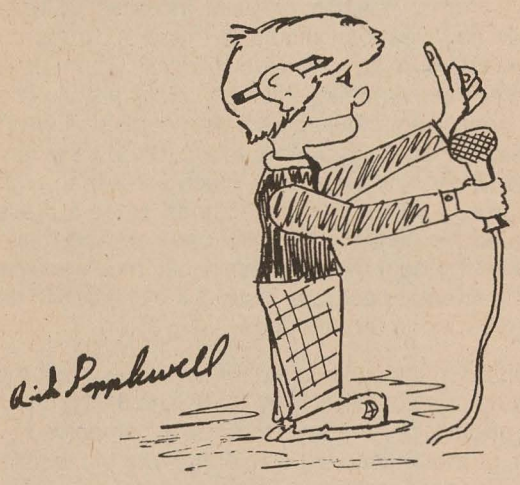
Pay is not your only retirement benefit. After you retire, you and your dependents are entitled to use medical care, commissary, exchange, and recreational privileges. An identification card is issued to you and can be used at any uniformed services installation where adequate facilities are available.

Eligible dependents include your spouse, all unmarried children under 21, and unmarried children under 23 who are full time students dependent upon you for over one-half of their support. Your parents and parents-in-law may also receive these benefits if they are dependent on you. Health benefits are only authorized for your parents and parents-in-law if they reside in a dwelling provided or maintained by you.

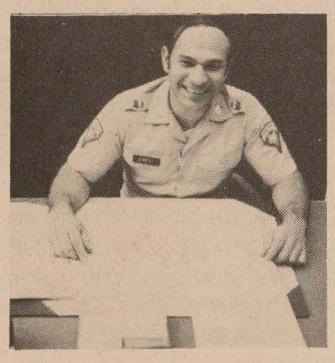
Your survivors are authorized the same privileges that dependents would be. Their eligibility is dependent upon their relationship to you at the time of your death. Spouses who remarry are not eligible.

If you have any questions, check DA Pam 600-5, or see your local retirement services officer.

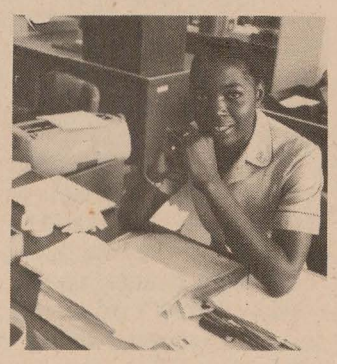
Ramblin' Sam



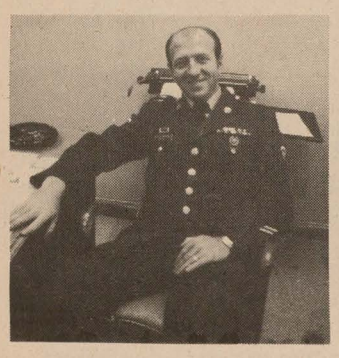
What are your goals for the future?



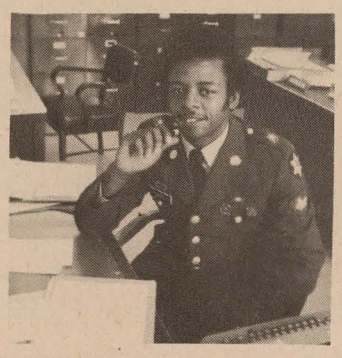
SP6 Danny O'Neill, SJA, 6th Army. I'd like to continue my studies in the legal field. I'd like to be successful at it, and improve my standard of living.



Pvt. Sandra Robinson, Personnel Action, HQ Co USAG. My goal in life is to become a model someday. And to be successful at it. But, I have no really long range plans.



SP5 Auggie Pohrman, Admin NCO. Oh, I would like to become a social worker, perhaps work with disadvantaged youth. I'd like to help my fellow man, and to try and do my bit to make this a better world.



SP4 Daryl Evans, Personnel Action Specialist. Well, get as much schooling as I can in the field of advertising, get married, have kids, the whole bit.

Movies

PRESIDIO THEATER
Friday, October 22, Lifeguard (PG) 7 p.m.
Saturday, October 23, Double Feature; Dumbo (G) and Ride A Wild Pony (G) 2 and 7 p.m.
Sunday, October 24, Logan's Run (PG) 7 p.m.
Monday, October 25, Logan's Run (PG) 7 p.m.
Tuesday, October 26, The Master Gunfighter (PG) 7 p.m.
Wednesday, October 27, Drive-In (PG) 7 p.m.
Thursday, October 28, Drive-In (PG) 7 p.m.

SCHWARTZ/LETTERMAN
Friday, October 22, Chesty Anderson, U.S. Navy (R) 7 p.m.
Monday, October 25, Lifeguard (PG 7 p.m.
Tuesday, October 26, The Wild Party (R) 7 p.m.
Wednesday, October 27, Logan's Run (PG) 7 p.m.
Thursday, October 28, The Master Gunfighter (PG) 7 p.m.



Star Presidian

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Colonel Warren J. Lodge, commander
Major Michael J. Williams, public affairs officer
SP4 Rebecca Sherwood . . . . editor

A special message

In recent weeks, I have had many queries regarding the possibility of a swine flu epidemic. Will there be an epidemic? What are we going to do about it at the Presidio? And will we have to be vaccinated are the most commonly asked questions. The information I have access to as the Commander, Presidio of San Francisco is as follows.

First of all, no one really knows if there will be a swine flu epidemic. However, the best professional medical opinions, those of Epidemiologists at the Communicable Disease Control Center in Atlanta, say there could be one. Why the concern? Because the influenza virus detected last February at Ft. Dix, New Jersey, was a strain that killed one serviceman and spread to approximately 200. The virus resembles one last seen between 1918 - 1919 which was responsible for an epidemic taking 20 million lives world wide, a half a million here in the United States. The potential danger from this virus is much greater than the A/Victoria flu virus we experienced last year.

What are we at the Presidio going to do about this potential danger? The President of the United States signed into law a bill appropriating 135 million dollars to vaccinate the total population of the United States against swine flu. The U.S. Public Health Service, in conjunction with the Department of Defense, has coordinated the distribution throughout the United States. Very shortly we at the Presidio will receive our share of vaccine. The Army, because of its national defense mission, will receive vaccination along with civilian federal employees, dependents, retirees, and high risk chronic illness persons free of charge.

Clinical tests reveal that this new vaccination will be painless in most instances and at most will cause a sore arm or slight temperature for 24 hours, a small price to pay for protection.

The swine flu vaccination is mandatory for all military personnel because good command health is necessary for the national defense. Everyone is encouraged to receive free vaccination. The program we have planned is nothing more than good preventive medicine. It is insurance against something that might happen. We don't get immunized against polio, whooping cough, etc., because of epidemic certainty, but because there is a chance that without such protection we could get the disease.

At the Presidio we have the technical ability, the time and supplies to safeguard ourselves and out families. Every military member at the Presidio of San Francisco will receive a mandatory vaccination, unless otherwise directed by competent medical authority; I urge those in the permissive category to be vaccinated also. We depend heavily on our civilian work force at the Presidio and need them available for work daily in a healthy condition. I assure you, my family and I will take our shots!

WARREN J. LODGE
Colonel, Armor
Commanding

Some helpful hints

Swine flu vaccinations will begin as soon as the vaccine arrives. As of yet, delivery date is still unsure, but is expected during the second week of November. Manufacturer's delay is the cause for the hold up.

All military personnel, except those with an egg allergy, will be required to receive the vaccination.

Civilians who work at the Presidio will also be able to get their vaccinations here free of charge.

Dependents, retirees, high risk persons over 60, and those with chronic illnesses will be getting the vaccine at the Presidio.

Present planned sites for vaccinations include: Post Theatre, Schwartz Theatre, the Log Cabin, Harmon Hall (down by Crissey Field).

The swine flue vaccination program does seem complicated to those who are trying to read about all the different categories of persons eligible and the types of vaccine available. However, don't worry. LAMC Health and Environment Office has the knowledge and the plan.

Except for active duty military, all persons receiving the vaccination will have to sign a consent form, privacy act form and an explanation sheet on the swine flu before they actually receive the shots.

Helpful hint — when you come for your shots wear a short sleeved shirt.

Helpful hint — Look for schedules on post at prominent locations such as the Post Exchange and Commissary after the first of November.

As soon as the vaccine comes in, vaccinations will start.

Marching into history

by Ron Renouf

As the nation celebrated the Bicentennial this year, the vast majority of military installations across the country paraded out their own rendition of a "Bicentennial Unit."

But would you believe a "Centennial Unit"? That, in reality, is the best description of the special ceremonial group at the Presidio of San Francisco.

The dress uniform of today's Presidio Bicentennial Unit is an exact duplicate of the 4th Artillery uniform worn at the Presidio for the 1876 Centennial celebration. Even their order of drill and ceremonies is a faithful reproduction of that used 100 years ago; it's based on "Upton's Tactics," an 1870 manual written by former Presidio Commander Colonel Emery Upton.

This historical unit has participated in nearly 40 parades during the last 16 months, winning a total of 27 first and second place awards.

Trophies from throughout Northern California fill two large and conspicuously placed display cases at the Presidio Headquarters. They include first place trophies for both the best marching unit and color guard in the 1975 San Francisco Columbus Day Parade; and the 1976 Daly City Bicentennial Parade.

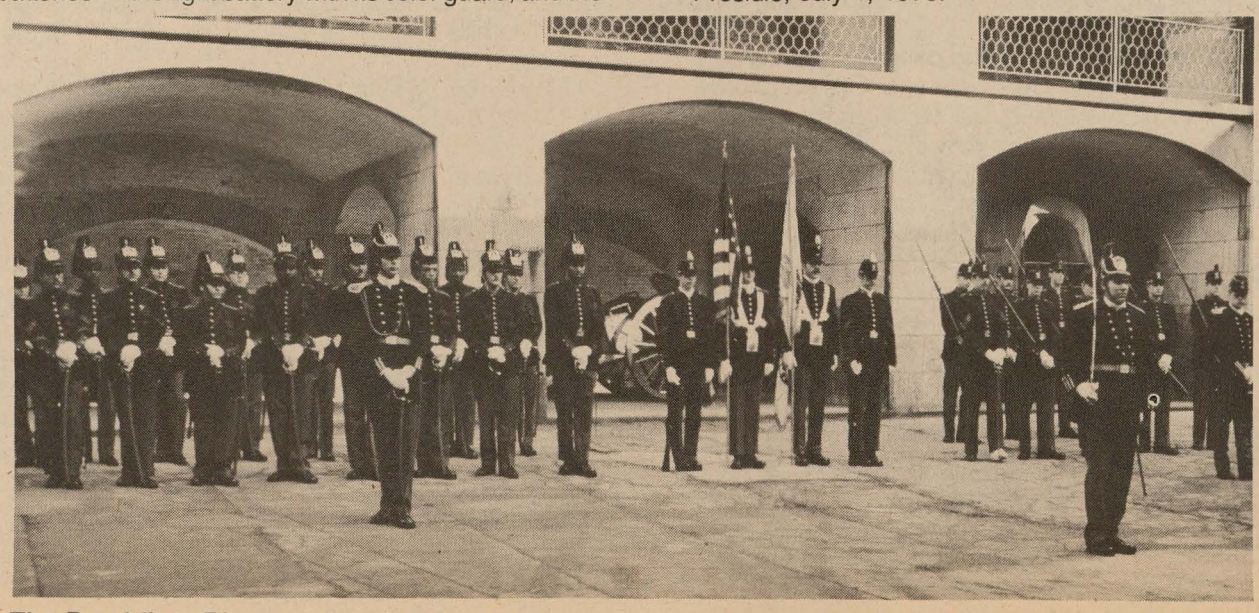
The Bicentennial Unit is composed of two separate batteries — the light battery with its color guard, and the heavy artillerymen. Both have made appearances at numerous other events besides parades, winning many accolades throughout the area.

The weapons and uniforms of the unit are particularly colorful besides being historically accurate. These "old soldiers" are armed with antique •45-70 Springfield rifles and sabers.

The soldiers assigned to the light battery of the unit are outfitted in full dress of light blue trousers and coat with red piping and trim on the coat. They also wear the ornate plumed dress helmet with cords, after the fashion of Europe a century ago.

The heavy artillerymen, whose duty it was to man the siege and coastal guns, are also dressed in blue with red trim, but use a small short-brim cap, called a "shako."

In their initial appearance, the unit performed at a Retreat Ceremony during the 200th Army Birthday celebration at the Presidio in 1975 and in one of their last major appearances, the color guard performed before a nationwide television audience during coverage of a Multi-Nation, All-Service Military Review at the Presidio, July 4, 1976.



The Presidio's Bicentennial Unit, in full dress, falls into formation for an exhibition.

A Samaritan happened by

Alone, unable to speak English, and physically handicapped, Won-ki Chun, a 14-year-old Korean boy, arrived at San Francisco International Airport on April 16, 1976, enroute to the Shriner's Hospital for Crippled Children, where he would undergo surgery and treatment for the next six months.

In spite of his difficulties, Won-ki has remained cheerful and appreciative, and has now left the hospital, conscious of the cooperation of the many people in Korea and in the United States to help correct his handicap.

Suffering third-degree burns from the waist down when he was only nine months old, Won-ki received emergency treatment at the U.S. Army's 121st Hospital in Seoul. Since that time, his family has been financially unable to obtain the corrective medical surgery required. With his legs and feet severely damaged by the fire, Won-ki has not been able to walk correctly or stand for very long.

In August 1973, Won-ki's father contacted the American Kor-Asian Foundation in Seoul, seeking assistance for his son. Through the perseverance of Mr. Carroll B. Hodges, Foundation director of operations, and his wife, Harriet, arrangements were made for Won-ki to receive the necessary care and surgery. The Shriners Organization paid for Won-ki's transportation from Seoul and agreed to give him the series of operations without charge at their hospital in San Francisco.

Since it was necessary for Won-ki to have a home in San Francisco in which to stay between operations, his father, a retired lieutenant colonel in the Republic of Korea Army, requested the help of the Eighth U.S. Army in Seoul. Contact was made with Headquarters, Sixth U.S. Army, Presidio of San Francisco, and Colonel Herbert J. Duke, Jr., and Mrs. Dee Fisher, Public Affairs Office, undertook the project. Working through the Korean Consulate in San Francisco, they enlisted the aid of three Korean-American newsmen who published appeals for a temporary home for the youngster in their daily newspapers. Mrs. Lotus Chinn and her husband, Ronald, residents of San Francisco's Korean community, read the appeal in the *Korea Times* and volunteered to take Won-ki into their home between operations.

Though Won-ki is now out of the hospital and living with Mr. and Mrs. Hak-Sung Lee, Concord, California, another volunteer "foster family," for a period of convalescence, he will need to return for further treatment and possibly more surgery. But he is optimistic for the future; since so many people — the American Kor-Asian Foundation, the Hodgeses, the Shriners, Dr. Walter Curl (Major — U.S. Army doctor in residence) and other hospital personnel, the U.S. Army, the Chinns — have been so willing to help, he can only trust that they and others will continue to reach out and, through their concern, provide the care he needs.



THANKS . . . Won-ki Chun, a 14-year-old Korean youth, smiles his gratitude to COL Herbert J. Duke, Jr., Chief, Public Affairs Office, Sixth U.S. Army, Presidio of San Francisco. U.S. Army personnel assisted in finding Won-ki a foster home in San Francisco during a series of operations at the Shriner's Hospital for Crippled Children. Through the efforts of the American Kor-Asian Foundation and the Shriners Organization, Won-ki arrived April 16, 1976, for corrective surgery for his legs and feet, severely burned in an accident when he was an infant. (US ARMY PHOTO)

The secret eye

A gathering of people and events under the watchful SP typewriter

By Eve S. Dropper

Sunday afternoons are great for reading the newspaper . . . spreading it all over the floor. Getting right down into it. I read some interesting articles last week. Seems fall is definitely here, and the lady who wrote the article was telling about some water animals being killed. Seals shot. Birds, like seagulls who dive into the water for their food, getting snagged on those plastic beer and soda six-pack holders and not being able to fly or get food . . . too bad. Try to be careful where you throw things like that. And if you see any floating in the water or lying around, how 'bout picking them up? It's really not that much work. And you'll help the little birdies . . .

Transportation has moved!!! And somebody forgot to tell everybody . . . but mistakes do happen. (Believe me, I know!!!) Anyway, they're in building 39 now (ext. 4972/3512) in the basement. So, if you need bridge passes, local travel, troop movement, port call, sub-office Naval supply center household, airline tickets (ext. 2920), material movement compass (ext. 4300) or the division transportation officer (ext. 2319), they're all over in the same place. So, don't go looking for them in bldg. 905, 902 or 917. Cause, they ain't there!!!

Western Region Recruiting called . . . seems they felt neglected, too. I'm really sorry, but it's hard to be everywhere all the time. I just can't get around **that** much. Anyway, WRR has a new Lt. Lt. Michael Mundt will be the new HQ commandant as of November 1. Welcome home from Alaska, sir . . . although I've heard Alaska is a really nice place. Seems most people who go there, like it. I don't know . . . seems to me it would be TOO cold . . . but then I'm a warm blooded southerner.

And Capt. Art Ward, from WRR, is TDY to Ft. Ben Harrison to attend the area Commanders Course for Recruiting. Isn't Ft. Ben nice???

Col. George Tronsrue, WRR commander, is attending the Executive Program at the University of California at Berkeley for 29 days. I wonder what they teach . . .Hope you enjoy it!!!

I got fussed at the other day. Now, if you had never seen the name XOTT, wouldn't you spell it the way it sounds? Well, I did. I really thought it was a relatively simple name. Like Jones. Now, very few people misspell Jones. But, yours truly misspelled Zott. It's spelled SZOT. Now, isn't that unusual? But, John is a nice guy and I hate to misspell people's names. I'm sorry, John. Forgiven???

Pvt. Kenneth Stafford is new to the 864th from Ft. Leonard Wood. AIT. Hope you like it here. And PFC Thomas Collier has PCSed to Germany. The 864th is working on a rifle range at Camp Parks. And I hear they're tearing down some building near the Coast Guard station, too. Busy, busy, busy.

Now let me tell you about SP5 Elano Umale of the 864th. Someone flattened two of his tires (on his car!) Now, nobody has two spares that I've ever met. And tires are really expensive. If you have a grudge against someone, fine. Tell the person, but for pete's sake, don't cause all that hassle and expense. It takes a big person to openly talk out problems and an awfully small, mean one to do something like that.

The 16th BPO had a PT test Wednesday . . . fun! And Lt. Arthur Moore came back from his visit to Georgia just in time to go to the field the first week of November. Perfect timing . . . hope you enjoyed your visit. The hills of Georgia should be absolutely gorgeous about now.

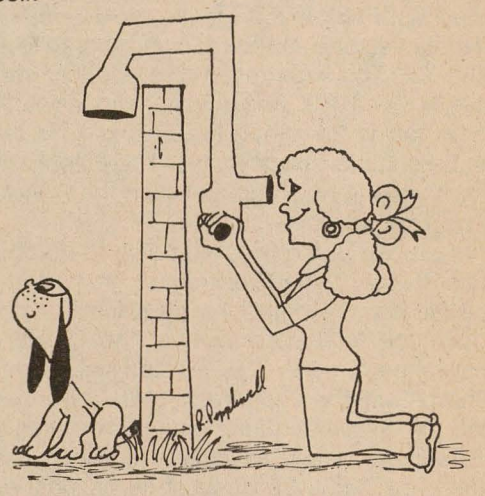
SP4 Robert Davis has left the BPO . . . And the BPO beat the 504th in football . . . in fact, I don't know the score, but I heard they slaughtered them . . . Must really have a good team. The 504th was the #1 team . . . SP4 Myrna Osuna and SP5 Randolph Fifefield are going to the NCO Academy at Ft. Ord . . . good luck in that endeavor people. I've heard Ft. Ord classes weren't easy At All.

The BPO does have one complaint. They don't have a TV. What with football season going full fun, the guys would really like to watch some of the games. So, if anyone is interested in loaning them one . . .

Some of the peoples from the 170th have started the Criminology course at the Ed Center. It's good that the people on this post try to keep learning . . .

The psychology class starting next week at the Ft. Scott Ed Center, only has 5 (yes, five) people enrolled. I know a few of those 5 people and they'd really like the class to be a 'go'! Only need about 10 more folks. So, sign up and find out what makes us all tick . . . or tock, as the case may be . . .

Remember two things. November 2 is election day . . . so vote. And the CFC situation is low . . . now if I can give a payroll deduction, I see no reason why everyone else can't. So please try. It's really a worthwhile cause. And the people who use the various agencies need your help. Maybe you could think of it as a Life present to your fellow man. Open your hearts (yes, and wallets) and be generous. You may need some help oneday yourself.



With generous hearts in mind, be kind on Halloween, give to CFC, and remember to vote. Take 'n take 'n keep on whatevering. I will.

SPORTS

Notes from the kegboard

Ft. Scott League
Week of Oct. 14, 1976

Team	W	L
USASA	10	2
6th Reg CID	9	3
170th MP Co	9	3
LAMC No 3	8	4
SFFO CID	8	4
Spt. Elm No 2	6	6
16th BPO No 2	5	7
402nd MP Co	4	8
Courier Sta	1	11
525th MI Gp No 2	0	12

Golden Gate League
Week of 13, Oct. 1976

Team	W	L
LAMC No 2	15	1
525th MI Gp	10	6
USAG No 3	10	6
16th BPO	9	7
USAG No 2	8	8
87th Ord	6	6
AFPD	5	7
504th MP Bn	1	11
227th Med Lab	0	12

Flag football standings

Presidio League	W	L
LAMC H	8	0
402nd MP Co	6	3
170th MP Co	3	4
USAG	3	6
864th Engr Co	3	6
LAIR	2	6

Ft. Scott League	W	L
Dist Corp of Engr	5	0
LAMC No 2	4	2
HHD 504th MP Bn	4	2
16th BPO	3	3
WRRC	2	4
51st Engr Det	0	7

Uncommon courage

by Ron Renouf

SSgt. Bill Kratzer, administrative NCO at Headquarters Company US Army Garrison, has always been active in sports.

While in Bladenburg High School in Maryland, where he graduated in 1963, he played baseball, football and several other sports.

But five years ago, not only his participation in sports, but also his Army career were threatened. For most young men, the personal tragedy that he experienced would have indeed spelled an end to sports participation.

The official record reads ". . . April 24, 1971 — despite having his lower leg shattered, the sergeant crawled toward the radio that could bring help. President Thieu's finest soldiers were steeped in the fight of their lives, but unless help could arrive the 77th Ranger Division would be beaten and beaten badly.

"Before the sergeant could reach the radio he would have both arms wounded, his hearing temporarily impaired, his leg lost and be suffering from shock. He still managed, somehow, to radio for help, giving vital information to the gunships. With their help, the attack was repelled . . . but not without taking its toll."

For this action, Sergeant Kratzer was awarded the Distinguished Service Cross, our nation's second highest award for valor.

The thirty-two year old Sunbury, Pa. native lost his left leg below the knee, the last joint of the small finger on his left hand and sustained other injuries. For most soldiers, this would have spelled an almost automatic medical discharge, but not for Kratzer. He was determined not only to stay on active duty, but to continue what he considered a normal life.

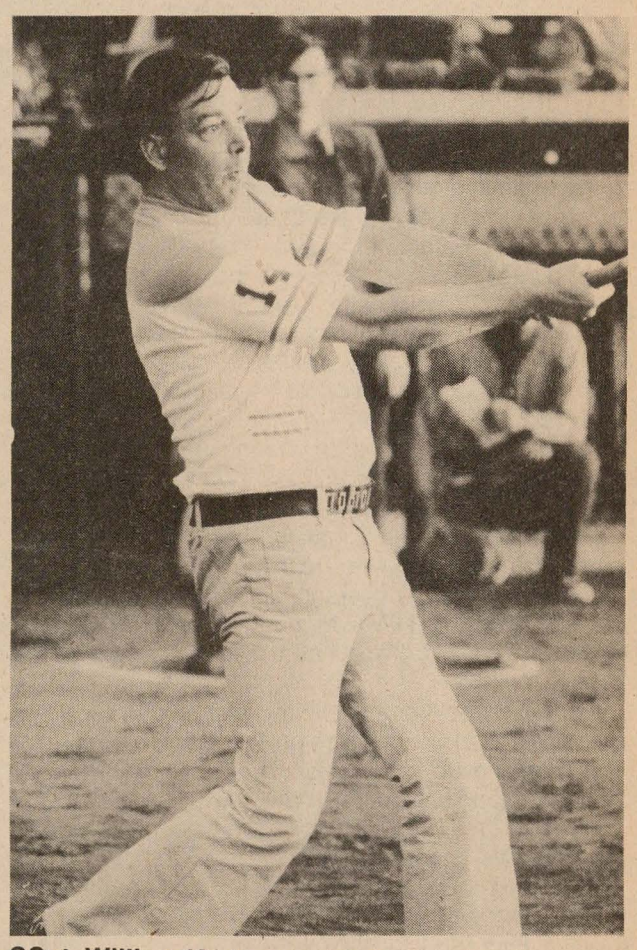
Following his surgery, he requested retention on active duty. In March, 1972, a letter from the Office of Personnel Operations in St. Louis, Mo., informed him his request had been approved.

Prior to his assignment to the Presidio, Kratzer served as the NCOIC of the Tokyo Hardy Barracks, living quarters for some of the Pacific Stars & Stripes newspaper staff and transient quarters. It was during that assignment that he returned to sports — this time one he had never played before — softball.

He rapidly built a reputation as a firstbaseman and as one of the toughest pitchers in the Tachikawa Recreation Slow-Pitch Softball League. And last summer, here at the Presidio, opposing batters came to respect the moundsman in a hurry as he led the Headquarters Company Garrison team to a winning season.

Watching him pitch, you would never suspect his handicap, except that he keeps both feet on the rubber when he throws. This may have turned out to be an asset, as the unorthodox herky - jerky style has a tendency to distract opposing batters.

Now with 13 - years on active duty, Kratzer intends to remain on active duty until time for a normal retirement.



SSgt. William Kratzer at bat, displaying his strong swinging ability USAF Photo

U.S. Government Printing Office, 1975 Jacket 690-081, Print Order No. 61

Star Presidian

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If the ground moves. . .



photos by Jack Sampson

***First sergeant George Kitrinos,* 170th MP Co., takes time out to give Yakima a scratch on the noggin. Yakima is the company mascot brought back from Operation Brave shield at Ft. Lewis.**



***Looters can pose a serious* problem during disasters. This is one way the 170th MP Co. learned to deal with them.**



***Arson was another problem* faced by the 170th troops and by the Camp Parks fire department.**

The ground starts trembling. Buildings crack, pieces of plaster fall. The people around you panic. Why is this happening?

Later in the day, you learn an earthquake measuring 6.3 on the Ricter Scale happened. The building you work in has received severe structural damage. No one is allowed to reenter any of the buildings. Who would you look to for help? Who would know what to do?

The 170th MP Co. knows.

Last Thursday at 7 a.m. an earthquake, centering at the town of Modesto, CA, caused extensive loss of life and structural damage to the buildings in that area. The destruction extended some 60 miles of the episode.

All of this was only simulated, but it's good to know what to do just in case. The 'just in case' is what the 170th MPs were concerned with.

At 7:45 a.m. the Commander of the 504th MP Bn. committed the 170th MP Co. to handle this problem. Helicopters were brought in to move the troops to Camp Parks. When they got there, they had several missions to accomplish. Number one was to set up an MP station. And it had to be in a clear area, far enough away from any of the 'damaged' buildings to be safe.

With this done, the next step was to prevent looters in the Livermore and Pleasanton areas. When the buildings are open and no one is supposed to be anywhere around, looting can always be a problem.

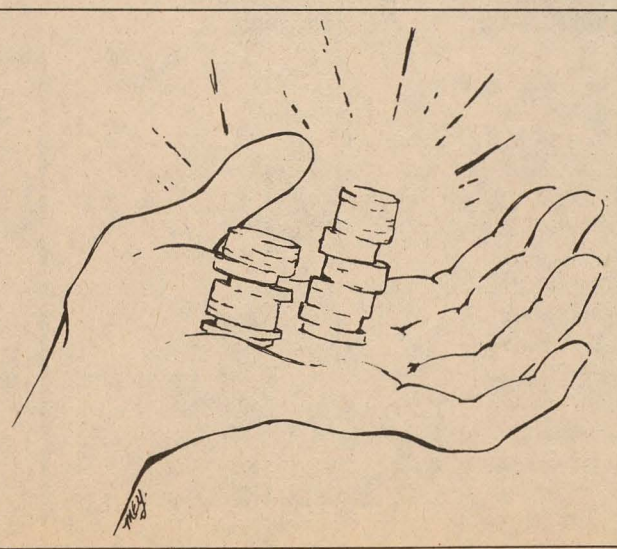
Adjacent to Camp Parks is the Alameda County Santa Rita prison. The MPs had to be prepared in the event of any escapes. And, being prepared to handle escaped prisoners is a job in itself.

Then, of course, you have to make sure no one is left inside any of the damaged buildings. Making sure they're all out is one problem. But, keeping them out is another. For some reason, people always want to run back and get something they forgot. This could be hazardous to your health if the building you run back into is damaged.

In this particular instance there was a shipment of M-60 machine guns located at Camp Parks. The machine - guns were enroute from the Semore Army Depot to Oakland Army Base. These weapons had to be secured, too.

The problems arising ranged from drunken driving to escaped prisoners to buildings catching on fire. The members of the 170th MP Co. handled these problems with the skill of seasoned troops. Being well educated in the tactics of emergency disaster relief, the men and women worked together to achieve a cohesive result.

Your helping hand



The Combined Federal Campaign has been extended until November 2, to make it possible for the Presidio to increase its contributions to this once-a-year campaign.

Only once a year we have the opportunity to help economically and with simple humanity those who cannot help themselves. To some it means the difference between hope and despair.

Although there has been a higher percentage of participation, cash donations are $11,969.80 below last year's. If you gave the very minimal, add a little more to it. That little bit may keep many of the vital services provided by CFC agencies to you and your neighbors, and taken for granted by all of us, from being discontinued.

Hot flash. . . Hot flash. . .

AER fund drive

An Expression of Appreciation certificate from Army Emergency Relief Headquarters, Washington, D.C., was presented last Tuesday to Robert Nightingale, Project officer for the 1976 AER Fund Drive.

The certificate expressed appreciation to Presidio personnel for their interest and support given to this year's campaign. A total of $13,524.17 was contributed during the drive to assist deserving members of the Army and their families when financial emergencies arise.

Dancerise class

A class in Jazz Dancercise — exercise through dance, rhythmically set to music — will again be offered through the Central YMCA beginning Sunday, November 7th. This 8 - week course will be held from 1 - 2:30 p.m. on Sunday afternoons, taught by Jamie Graham, a former member of the Alvin Ailey Dance Company of New York City. Class will be held at 425 14th St., S.F. The cost is $20. For more information call 885 - 0460.

Toll-free phone

A toll - free phone number for use by soldiers with transportation problems is scheduled to become operational on November 1, Military Traffic Management Command officials say.

The hotline will be staffed 24 - hours a day. The service will "save an awful lot of money" and give people with travel problems "ready, easy access" to immediate assistance, the command said.

Officials said they have been receiving — and accepting — a large number of collect telephone calls from soldiers with transportation troubles. The hotline won't end all collect calls, "but it will catch a lot of them," they said.

Instructions on the hotline are to be given by all CONUS port call offices, armed forces entrance and examining stations and other activities, they said.

The new toll - free number will be — 800 - 336 - 0223.

Get that lost hour back

It's time again for turning back your clock and getting the hour back you gave up in April. Daylight Savings Time will officially end at 2 a.m. this Sunday.

Turn back your clock one hour before retiring on Saturday or upon arising Sunday. Don't forget or you'll be one hour early to work on Monday.

Young Life and Teen Club

Presidio YOUNG LIFE and the Presidio Teen Club will join in sponsoring a night of recreation and entertainment for members and their friends on Friday, November 5, 8 p.m., at the Teen Club.

According to Steve Woods, Director of the Young Life Club, the purpose of this event is to get all youths on the Presidio together at one time. Hundreds of military dependent youths are on or around the Presidio, but only a small percentage are known. It is hoped that this meeting will mark a new beginning for Teenagers on the Presidio.

The Young Life organization has been active with Presidio youths for six years, and works in conjunction with the Religious Activities Center. Its purpose is communicating with youths through meaningful personal relationships. All dependent youths are invited to attend this function. Refreshments will be served.

Tuition assistance

Effective immediately, commissioned officers are authorized tuition assistance for graduate courses. Affected personnel are reminded that they must agree to remain on active duty for two years after completion of the class and are not eligible if they have received notice of pending separation, submitted resignation, requested relief from active duty or filed declination of offer to remain on active duty under AR 135 - 215. Use of in - service GI Bill is still encouraged. For further information, call the Fort Scott Army Education Center, ext 2974/4445 or the LAMC Education Center, ext 4030/3693.

Rec Center happenings

Football fans — come to the Recreation Center and take advantage of the giant screen TV. The set will be on most of Sat. and Sun. for you to watch NCAA College football and NFL football respectively. You can also see any other big programs coming up.

On Monday, Nov. 1st, you can take chess lessons or Belly Dancing lessons at 7:30 p.m. The Giant Screen TV will be on at 6 p.m. for you Mon. Nite Football fans to take in the game between the Houston Oilers and the Colts at Baltimore. For all you fans of the tops in popular music they've got Dr. Webb's Disco from 9 p.m. till 12 p.m. on Wed. the 3rd of Nov.

A new feature being offered on Thursday nights is Pool Lessons with Hank Nole instructing. Hank is an old pro, who, for years, had his own Pool Hall in Berkeley. He had a sign over the door that said, "Play pool at Hanks and if you flunk out of school, at least you'll have a trade." So if you want to improve your pool game, be sure to sign up for this class.

Don't forget that on Tuesdays and Fridays they've got tournaments that earn points toward the Commander's Recreation Center Trophy. This is a chance for you to earn points in more than one sense of the word.

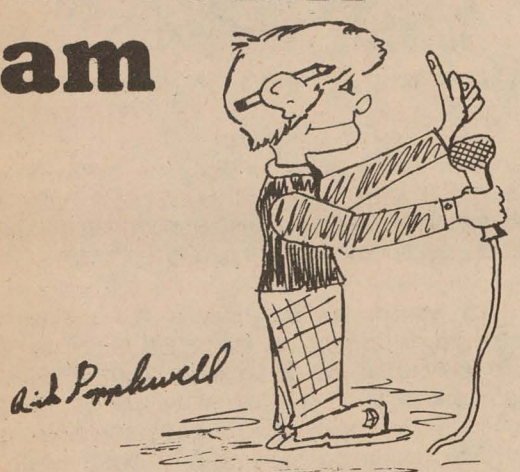
Driver needed

A driver is wanted to alternate driving in a car pool from Presidio of San Francisco to Terra Linda. Hours 7:30 a.m. to 4:15 p.m. Call Dolores Southwick, exts 2362 or 4024.

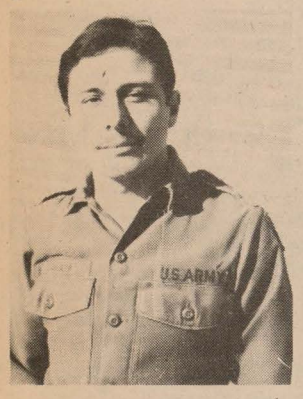
Voting for civilians

Registration and Voting policy for Presidio of San Francisco civilian employees. Generally, an employee is excused from duty so as to permit him/her to report for work three hours after the polls open or to leave work three hours before the polls close, whichever results in the lesser amount of time off. Information available indicates that all polls in the normal commuting area will be open until 8:00 p.m. thereby eliminating a need for excused absence. If unusual circumstances exist, employees should request their supervisors to call the Civilian Personnel Division, Management - Employee Relations Branch, 4242 - 2997 for clarification.

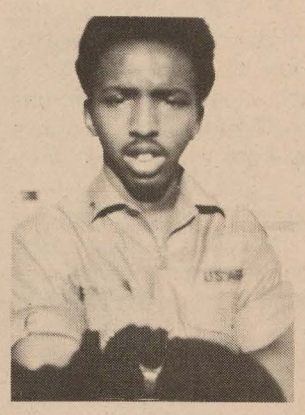
Ramblin' Sam



Have you used any of the recreation services on the Presidio, and what do you think of them?



SP4 Frank Anaya, 402nd MP Co., I think the rec services help the people relax when they're off - duty. The theater's pretty good, too. And I use the cafeteria a lot.



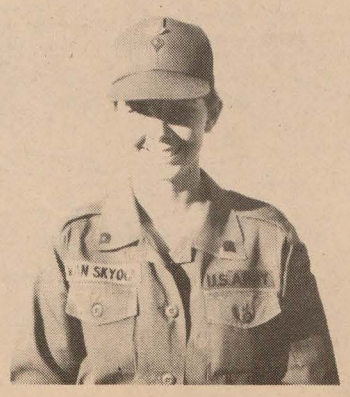
Pvt. Collins, USAG, I've been here about six months. I think it's pretty cool, man. The rec services are nice. They had a dance last week. It helped me to enjoy my leisure time. Helped me to relax. I didn't know the cafeteria was open at night. I go to the theater every once in a while. It's pretty nice.



SFC Serrano, MISO, The cafeteria is nice. It's improved a lot since the new manager took over, about 70 percent. I've been here about five years and I used to work at the theater. They used to have two shows a day on weeknights, but now there's only one. So, I think the attendance is down now from what it used to be. But they do have pretty good shows, recent ones.



SP5 Portillo, 6th Army Band. I think the prices are pretty good at the cafeteria especially when you compare them to the city. The coffee could be improved, though. It's pretty bad. The movies on post are pretty recent and the price is good. I go to the gym quite a bit. They offer everything you could need.

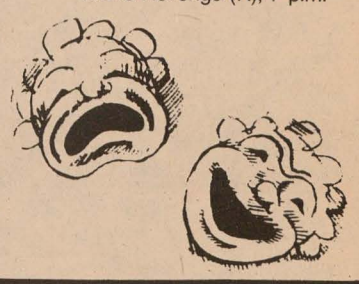


SP4 Sandra Van Skyock 402nd MP Co., I don't have any complaints about the gym or anything like that. But the cafeteria, I think the prices are too high for the individuals who are expected to go there. Ya know, most people who use it are junior NCOs or NCOs and the prices are more in the category of officers.

Movies

PRESIDIO THEATER
Friday, October 29, The Great Scout and Cathouse Thursday (PG), 7 p.m.
Saturday, October 30, Pinocchio's Birthday Party (G), 2 p.m.
Saturday, October 30, The Great Scout and Cathouse Thursday (PG), 7 p.m.
Sunday, October 31, Sugar Hill (PG), 7 p.m. and Murder By Death (PG), 9 p.m.
Monday, November 1, Murder by Death (PG), 7 p.m.
Tuesday, November 2, J.D.'s Revenge (R), 7 p.m.
Wednesday, November 3, Fighting Mad (R), 7 p.m.
Thursday, November 4, Rancho Deluxe (R), 7 p.m.

SCHWARTZ/LETTERMAN
Friday, October 29, The Longest Yard (R), 7 p.m.
Monday, November 1, Drive - In (PG), 7 p.m.
Tuesday, November 2, The Great Scout and Cathouse Thursday (PG), 7 p.m.
Wednesday, November 3, Don't Open The Window (R), 7 p.m.
Thursday, November 4, J.D.'s Revenge (R), 7 p.m.

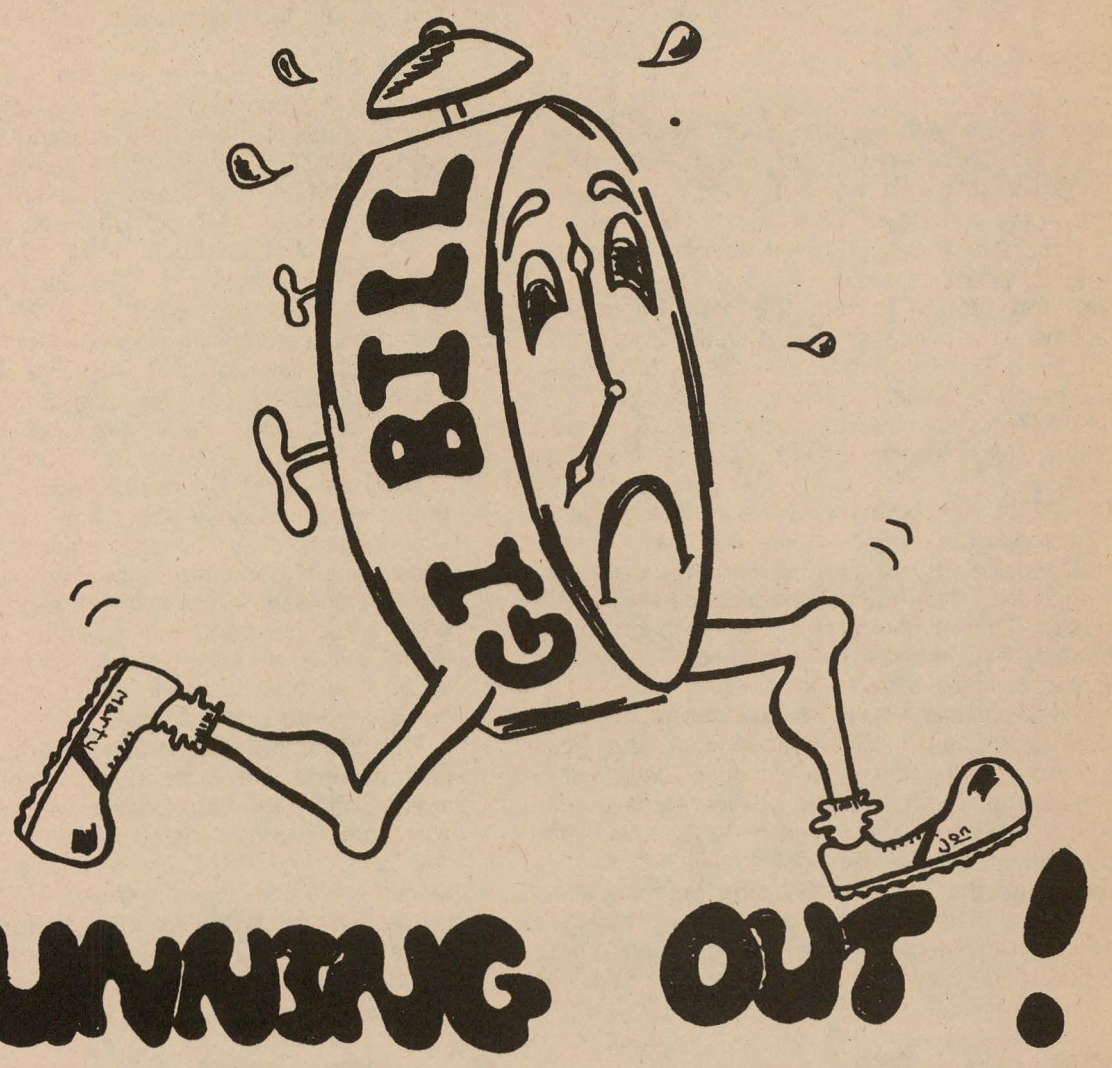


Star Presidian

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Colonel Warren J. Lodge, commander
Major Michael J. Williams, public affairs officer
SP4 Rebecca Sherwood . . . . editor

GI Bill. . . now history



The Congress passed and sent to the President a bill that terminates the current GI Bill educational benefits for those soldiers recruited after December 31, 1976. President Ford signed the bill Friday, October 15, 1976, passing the bill into law. A deadline of December 31, 1989 was set for completion of use of benefits earned under the current GI Bill. Soldiers on active duty now are still covered and will accrue GI Bill benefits as before. Also covered are people recruited before December 31, 1976, including those who sign up for the Delayed Entry Program (DEP) and are not ordered to active duty until 1977.

The law also upgrades the present GI Bill for those currently on active duty, those released within the last ten years, and those recruited before December 31, 1976. It extends maximum benefits from the current 36 months to 45 months, in effect offering five full academic years of education. It also increases the government's monthly payment to GI Bill students by eight percent.

While phasing out the Vietnam Era GI Bill, the new law also establishes its successor — the Post - Vietnam Era Educational Assistance Act. This is a new approach to veterans' educational assistance. The soldier contributes to his own future education with payments of between $50 and $75 each month, with the government matching the amount two for one. For example, the member's $50 would be matched with the government's $100 for a total of $150 per month of education. Except in certain emergencies, a member who decides to participate in this new program must agree to contribute for 12 month increments. Educational assistance is provided for the same number of months as the member contributed up to a maximum of 36 months. A member who decides not to use his educational benefits will receive his contribution back at the end of his enlistment or, if he has already been released, within 60 days of notifying the Veterans' Administration.

The law also terminates the Predischarge Educational Program (PREP) effective November 1, 1976. No one now on active duty may enroll or reenroll in PREP after that date. DoD is looking into ways to extend in - service high school completion programs to cover most of those who would have used PREP. Future members of the Armed Forces participating in the new veterans' educational assistance program may use PREP during the last six months of their first enlistment.

The new program will be funded for the first five years by VA. After that time, it will be reviewed by the President for his recommendation to make it permanent and a part of the defense budget.

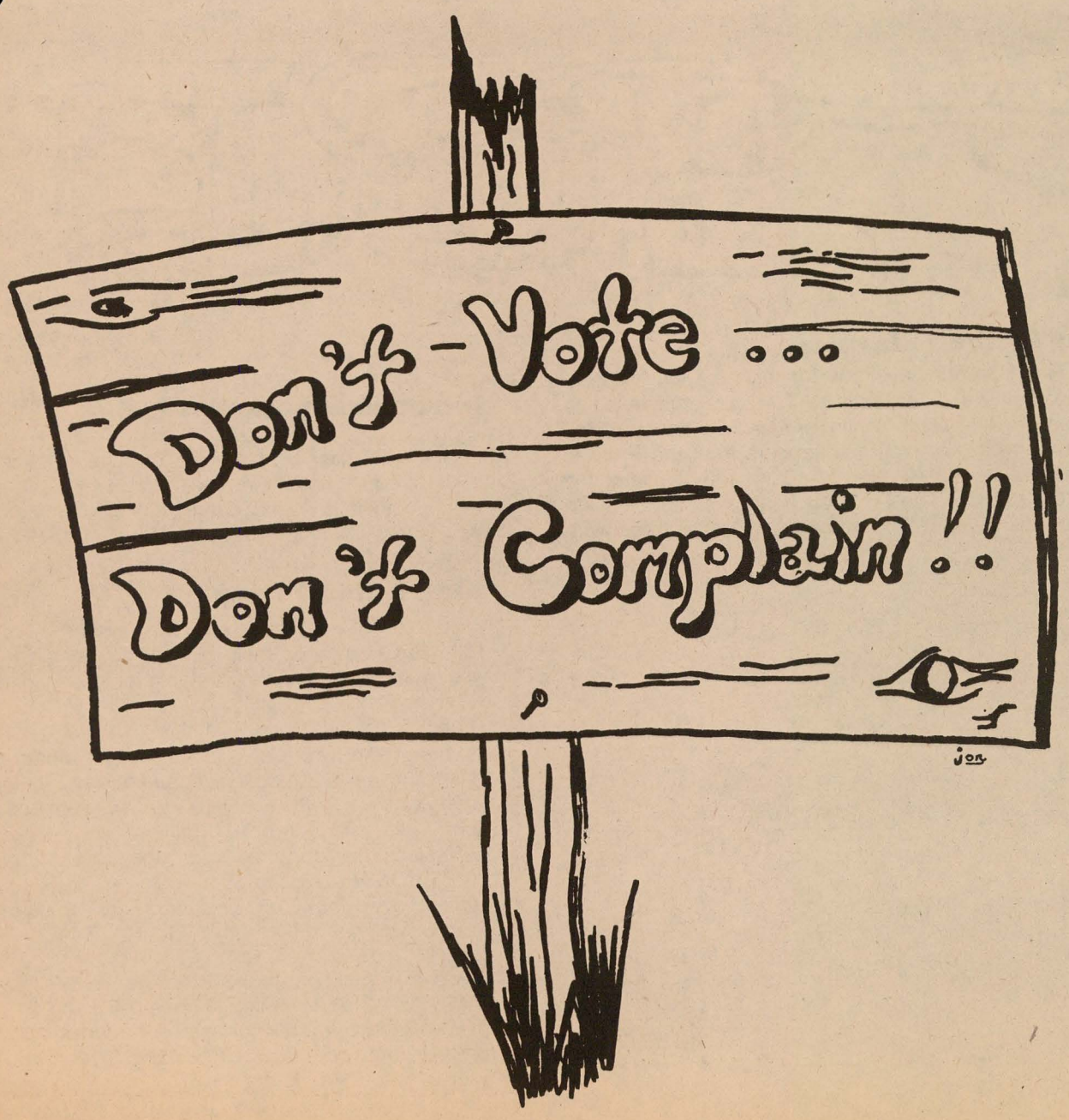
VA and Defense officials are still working on directives and regulations to implement the new law. They expect to have full particulars before the new vets educational assistance program gets underway in 1977.

New GI Bill Payments

Type of Program	No Dependents	One Dependent	Two Dependents	Each Additional Dependent
Institutional				
Full-Time	$292	$347	$396	$24
3/4 Time	219	260	297	18
Half-Time	146	174	198	12
Cooperative	$235	$276	$313	$18

(A veteran with spouse and two children using all 45 months of full benefits would receive a total of $18,900)

Voting: your duty? Your right



by Frank Noto

Remember the last time you went all - out to impress your boss? You probably thought you'd done a fantastic job — your heart and soul were in your project because you had spent long hours week after week striving to make every detail perfect.

Finally, the day came when the project was completed. The tension grew, because your ego was very much tied up in this. After all, this was the very best you had to give. What will the boss say? Will my efforts be appreciated? Will he recognize me? Or will he make a big deal out of shortcomings and small blunders that slipped by me?

What would you have though, if you heard this when you entered the Boss's office: "I'm sorry, but I just don't have time to look at your project. I've got better things to do with my time. I don't think this is all very important, anyway."

This Tuesday a lot of people are going to be asking the boss to make a choice. They have spent months, years, even lifetimes preparing for this moment.

And the boss is you. Will you say: "I'm sorry, but I just don't have time to vote." Or, "I've got better things to do with my time. I don't think this is all very important anyway."

If that's how you feel, then you might want to consider the consequences. The American people will get only what they deserve this November. You can bet the people who want something from their government, whether it's preferencial treatment or some of your tax dollars, will bother to vote. Our system of government responds primarily to those who use their vote, whether in their own interest or in the public interest. No vote, no power. No power, no government in your interest. Don't complain about the problems of the world if you passed up the chance to be "the boss." Don't complain about the politicians if you put them in office by not caring. You are the number one cause of official corruption if you didn't think it was important. If you don't vote, then you are the dirt in "dirty politics." Government just reponds to voters. Yes, you are the boss — and November 2nd is your chance to act like one should.

The secret eye

A gathering of people and events under the watchful SP typewriter

By Eve S. Dropper

Here we are with another short week. It's really not too bad when you get to spend the three days resting and relaxing, but when you get involved in photojournalism classes and volunteer activities, the three days are spent working almost as hard as duty days.

The first female to join the 51st Engineers Detachment has done so. Pvt. Claudia Boehl has joined the 51st out of AIT at Ft. Leonard Wood. And to think, she's a carpenter . . . better watch out guys . . . And SP4 Randy Ohm has joined the 864th Eng. from Germany. Welcome to the Presidio, peoples. Hope you like it here.

The 227th has been involved in giving swine flu vaccines. The people in the unit have volunteered (most of them have, but some of them are staying in the office) to help the local county health offices give the immunizations. They've been working awfully hard the last few weekends . . . but it's a worthwhile cause. Good work, peoples.

And I also hear you'll be losing one of your bachelors . . . as if I didn't already know. But, Sgt. Hall, I didn't know you were wandering into walls, and had a dull, glazed look on your face . . . it **can't** be that bad . . . but please don't remind me who it was that's been falling down stairs!!!

Last week the Funston St. sign was spelled Funiston . . . or maybe that was right . . . I haven't gotten down to see if it's been changed yet. What is it? Funston or Funiston???

SP5 Carol Slaughter, from the 16th BPO, has graduated from SIDPERS school. Congrats on a job well done, Carol. And the BPO and Military Mail are running a PAL survey trying to make delivery of the mail more efficient. Course, I don't know what PAL stands for, unless you put PEN in front of it . . .

The BPO is going to the field November 8 . . . anybody wanting to go can apply to the operations room . . . Might make an interesting vacation . . . to say the least. SSgt. Joe Diaz has a hurt toe and I hear nobody will do anything about it . . . Actually, you may be better off. But, then again . . .

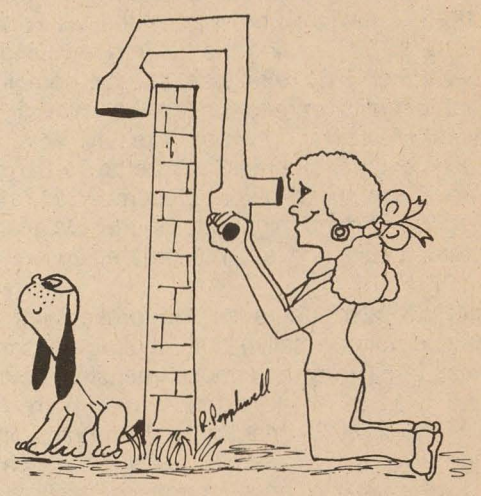
The BPO has been lead to four straight (crooked???) victories by SP5 Randy Fifefield. This quarterback has an average of 86 percent completed passes. Looking good . . . And last, but definitely not least, Sgt. Bob Atkins is finally ETSing. On Election Day. He's heading to Fresno . . . well, good luck, Bob. We'll miss ya, bunches and bunches.

Did I say last? I'm terribly sorry. The BPO has had a lot of response about their not having a TV. Unfortunately, they still don't have one. They missed a really good game Monday night . . . even though my team lost, it was still a good game. Lots of rain, and mud and sliding around, and fumbling. Interesting. Too bad you guys had to miss it. So, again, if anybody wants to help the football fanatics out, they're hurting for a tube.

The 170th MP Co. is on ceremony and support month. They'll be doing a retirement ceremony today. SP4 Paul Cogan went to Okinawa for 10 months and is back at the 170th now . . . can't stay away. And Pvt. Felice Wilson and Pvt. Robert Slocum have come here from AIT at Ft. McClellan.

Leaving the 170th are SP4 Sandra Gregg who ETSed yesterday and SP4 Richard Toland who will ETS today. Enjoy, peoples, whatever you get into.

Last week I told you guys about the new commandant of Western Region Recruiting. Remember Lt. Michael Mundt? Taking office November 1??? Well, I failed to mention the 'old' commandant. Capt. Lawrence Yamaura is the outgoing commandant and he is outgoing to Ft. Sill, Oklahoma. Hope you enjoy your new command, sirs . . . both of you . . .



Another week . . . new faces, old ones leaving. Ever wonder if it's not a circle we're stuck on? Well, it's not. Cause the old faces leave good memories and the new ones add some spice . . . Get out and meet your fellow soldier and enjoy. Who knows? It's been said a million times that the Army's a small, small world. You may run into each other again. Keep that in mind, especially when you're not in too particularly a good mood. Enjoy the warm, Indian summer days, with the bright blue skys. Take 'n take 'n keep on whatevering. Believe me, I will.

The External College Degree

Dilemma No. 1: Sgt. Jones came into the Army with a high school diploma in the early 1960's. Overseas he continued his education through the University of Maryland and then at schools near several Army bases around the U.S. Facing pressure to achieve an associate degree, he is looking for a college which will accept all his previous credit.

Dilemma No. 2: Pvt. Edwards started college but dropped out to come into the Army shortly before the end of his first semester when his wife became pregnant. He is now looking for a way to get credit for what he learned that semester, in addition to credit for his service school and MOS skill level.

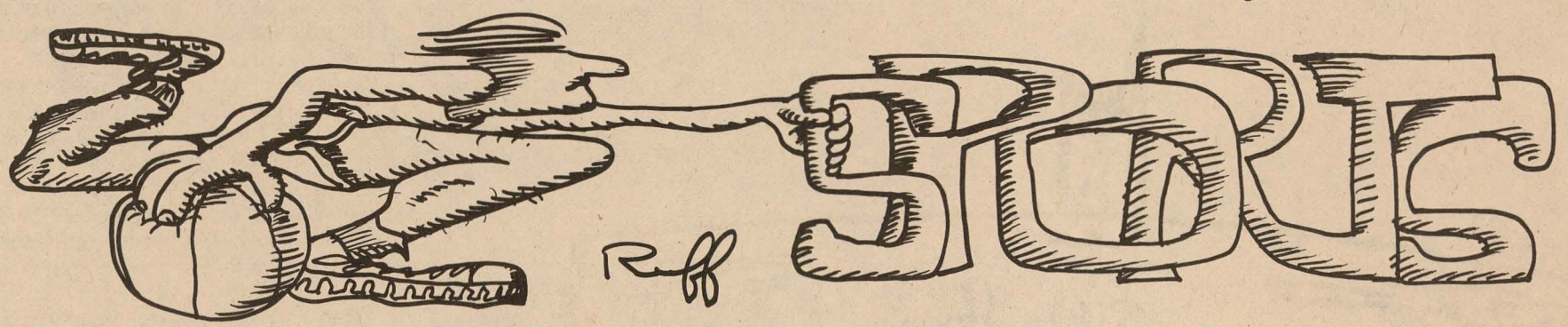
Dilemma No. 3: Capt. Smith needs a bachelor's degree in order to stay in the Army. He is frequently on TDY, which makes it impossible to attend classes regularly; and he prefers to study on his own. He is looking for a school which will accept a substantial amount of credit from correspondence courses.

The possible solution to all three of these dilemmas is a new concept in college education called the external degree. Although many schools are experimenting with the concept, the pioneer and most widely used college is the University of the State of New York, set up by the New York State Regents, which has granted approximately 3000 external degrees since 1970. This university, a candidate for regional accreditation by the Middle States Association of Schools and Colleges, offers no instruction itself but accepts credit from a variety of sources, such as:

1) credit earned at regionally accredited colleges, in residence or by correspondence.
2) credit for resident military service schools and MOS skill levels as recommended by the American Council on Education.
3) credit earned through examinations such as the College Level Examination Program (CLEP), DANTES Subject Standardized Tests, Advanced Placement Exams, Graduate Record Exams, as well as New York College Proficiency Exams and the Regents own External Degree Exam Program.

For a fee of $75.00, the University will evaluate all the student's credit toward a degree. Current degree options are Associate in Arts, Associate in Science, Bachelor of Arts, and Bachelor of Science.

Counselors at the Fort Scott Education Center, Bldg 1216, ext 2974/4445, and the Letterman Education Center, Bldg. 1007, ext 4030/3693, can assist military personnel who think that the External Degree Program may be helpful to them in achieving their educational goals.



Flag football standings

Presidio League	W	L
LAMC No 1	9	0
402nd MP Co.	6	4
170th MP Co.	4	4
LAIR	3	6
USAG	3	7
864th Engr	3	7

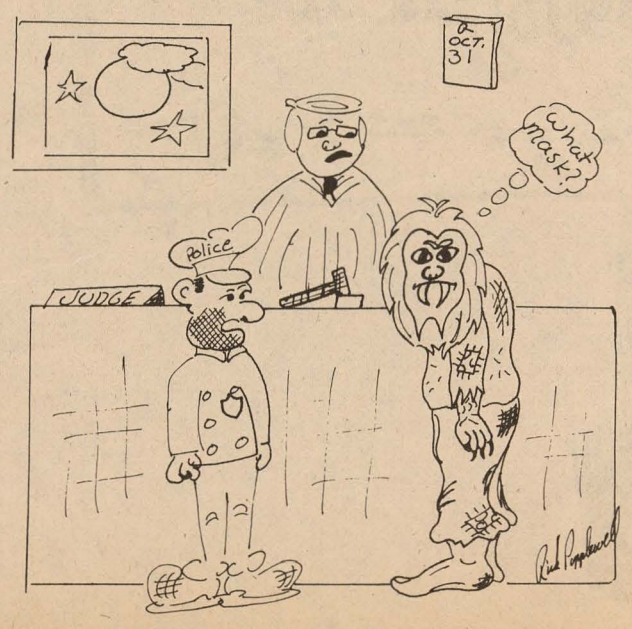
Ft. Scott League	W	L
Dist Corps of Engr	6	0
HHD 504th MP Bn.	5	2
LAMC No 2	5	3
16th BPO	5	3
WRRC	2	6
51st Engr. Det.	0	9

Scuba-diving

Earn the National Association of Underwater Instructors (NAUI) Basic Qualification in just 10 weeks. Classes will be held at the Presidio dive club, "Conquistadores del Mar" (Bldg 69) on Thursdays from 6 p.m. to 10 p.m. Registration will be held on Thursday, November 11 and 18. Cost is $55. All equipment and text are supplied (except wet suit). The course includes two weekend field trips. Bring your suit & towel! For more information call Ron Orr, Home 561 - 3489 or Duty 561 - 3489.

Flag football playoffs

Flag Football playoffs will involve the top two eligible teams in each league. They are scheduled to start the first week of November in a double elimination type play - off. Contenders from the Presidio League are LAMC No. 1, 402nd MP Co. and the 170th MP Co. The Ft. Scott League contenders are the HHD 504th MP Bn., LAMC No. 2 and the 16th BPO.



Intramural basketball

Unit level play is scheduled to start on Nov. 15, 1976. Unit A and R representatives are urged to sign up their unit and name of their managers of unit teams at the Post Gym, Bldg 68, no later than Nov. 8, 1976

Flag football wrap

Both LAMC teams, three MP entries and the 16th BPO all kept their playoff hopes alive last week with victories in the post flag football leagues.

Leading off the weeks action was a heart stopper as the 170th MP Co. slipped by the 864th Engineers in an 8 - 7 squeeker. LAMC No. 1 topped Garrison, 16 - 7 while LAIR's big "D" slammed the door on the 402nd in a 6 - 0 battle.

Western Region took it on the chin from the 16th BPO, 37 - 19, the 504th rolled up a 47 - 0 no contest over the 51st Engineers and undefeated Corp of Engineers held off LAMC No. 2 for a 7 - 6 verdict.

A pair of shutouts rounded out the week's action. LAMC No. 2 whitewashed Western Region 21 - 0 for the Recruiters second loss of the week and the mailmen from the 16th BPO rolled over the 51st Engineers to the tune of 27 - 0,

U.S. Government Printing Office, 1975 Jacket 690-081, Print Order No. 62

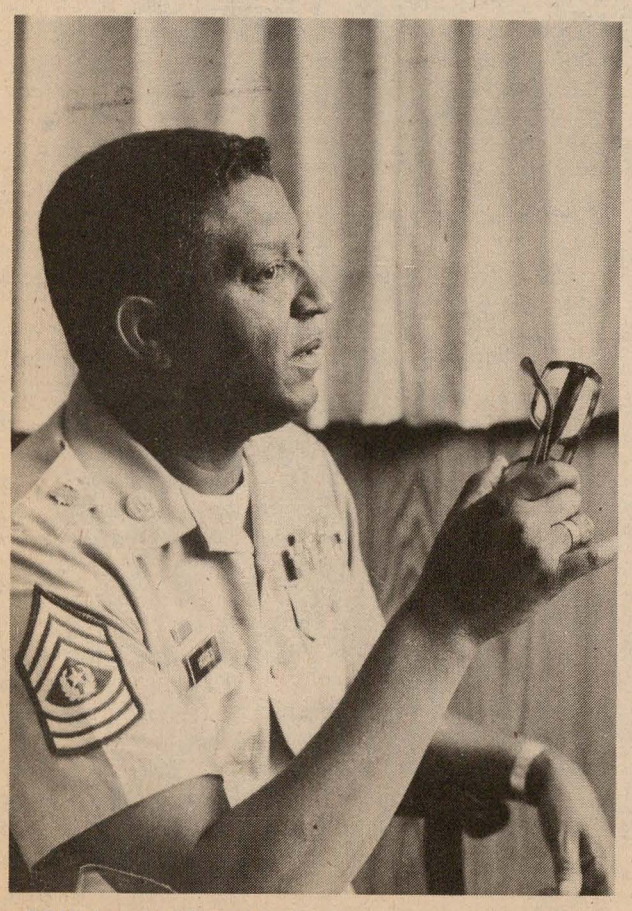
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Presidio of San Francisco, CA 94129

Star Presidian

Volume 19, No. 43 | Presidio of San Francisco | Friday, November 5, 1976

Open or closed

The choice is yours



CSM James Hodges, Jr.

"I foresee, from the response that I'm getting, a very positive attitude coming up about the clubs. A lot of things that we overlooked before we're trying not to overlook this time," stated CSM Hodges.

"For example, you're married, you're enlisted and your husband is an E5. O.K. Now, you're talking about having an E5 to E9 club and an E1 to E4 club. Where does that put you with your husband? It doesn't put you anywhere, 'cause you can go as your husband's guest. It's not going to be any other way.

"How could I sit here and penalize someone be telling them they've got to go to the EM Club and their husband will go to the NCO Club. That's ridiculous. No one can bring anyone into the club indiscriminately. You can take people into the club as your guest. But when you leave, your guest leaves, too.

"We're trying to be realistic about this thing and I think I'm taking a realistic approach.

"If two military people are married, they both don't have to buy a club card. The person in the higher grade buys the card and the spouse goes as a dependent.

"Also, we're talking about what we plan to do. Well, before, we had some poor management. The cook might be in the bar socializing when someone is waiting for their meal, or the bartender would be over in the corner talking. All this will be eliminated.

"Questions like are we going to hire the same people have arisen. Yes and no. We're not going to have the high overhead we had. We're cutting down to a bare minimum.

"Participation will dictate the kinds of programs we have. If we have the money we're going to have every type of program. We're going to have music to encompass the whole sphere, Country and Western, popular, woul, you name it.

"Now, as far as problems are concerned. If you have any kind of problem we'll have a grievance board, and an advisory board. And I assure you, this club is going to be for everybody. We, you, me, or the man on the street, we run the club. The people in the club work for us. If we're not satisfied, we can get rid of the problem.

"Each club will have to support itself. If one of the clubs doesn't have enough participation, then that club will close. Not both clubs. But we're going to afford the opportunity to everyone to participate in their club.

"About your money. If you pay for six months and two months later the club closes, the money will be refunded. This is true for PCS moves, too. You'll get the portion of money not used back.

"An invitation is going to be extended to Reservists, the National Guardsman, retirees and DA civilians. They'll all be afforded the opportunity to join their club.

"Last time we had some questions about why the club was closed on Sunday. This was a good question. This time the club will be open specifically on non-duty days, Saturday and Sunday. We'll have it closed sometime during the week, when it'd be a better time. Not on peoples days off.

"Participation is the key word," CSM Hodges explained, "With it we can have a viable program serving the hopes, wants and needs of all the enlisted personnel on the Presidio. Without your participation, there will be no NCO or EM Club. The choice is yours!"

Your commitment

A new effort to re-open the Non-Commissioned Officers Club and the Enlisted Men's Club has been initiated by Presidio Command Sergeant Major James Hodges, Jr., with the support of the Installation Club Management Division of Post Directorate of Personnel and Community Activities.

"I have never before been on an Army Post which did not have an NCO Club," CSM Hodges told an audience of NCO's representing the various units and staff sections of the Presidio. "I find it very embarrassing," he added, "to be asked by visitors where the NCO Club is and I have to tell them we don't have one here."

Approval and means to re-open the clubs depends upon the success of a concerted drive to enlist the committment of enlisted personnel, both upper and lower grades. Plans are to open two facilities, the NCO Club, for grades E5 through E9, at the Log Cabin on Ft. Scott and an EM Club, for grades E1 through E4, in the Post Recreation Center, Bldg. 135.

Supporters of the clubs are asked to sign a letter of committment, stating they will join the club for a period of six months, and pay, in advance, $24 for upper grades and $12 for lower grades. Those who choose not to commit themselves for six months may use the clubs for a monthly fee of $5 for the NCO Club and $3 for the EM Club.



Shots set to go

The Presidio Swine Flu vaccination program, for active duty military personnel only, will begin on Nov. 11-12 and finish on Nov. 16-17. Swine Flu vaccination is mandatory in accordance with AR 40-62, para 12 (b) (5) (a). Although it is the commander's responsibility to insure that all his assigned personnel receive vaccination, it is each individual's responsibility to insure his or her own personal health. Swine Flu vaccine is insurance against the possibility of getting Swine Flu as is a Polio vaccination insurance against the possibility of contracting polio. A few moments of discomfort are certainly worth peace of mind. Commanders have the latest on where and when. See you there!

Vaccine for groups other than active duty military isn't here yet. Programs will be announced when it arrives.



Hot flash. . . Hot flash. . .

Happy Birthday, Marines!

Attention all Marines! Happy 201st Birthday! A special dance is being held in **your** honor at San Francisco USO, at 7:30 p.m., Saturday, November 13, to celebrate the 201st birthday of the United States Marine Corps. Come and celebrate your birthday with us at San Francisco USO, 1019 Market St., between 6th & 7th Sts. All members of the Armed Forces are naturally welcome to come and join in this birthday salute to the Marine Corps. Call 621-0630.

Attention women!

Attention all enlisted women: Command Sergeant Major James Hodges, Jr. will address all enlisted women of the Presidio November 10 at 9 a.m. at the Post Theater. Topics of discussion will be initiated by the women present.

Sewing centers

The Army and Air Force Exchange Service (AAFES), will introduce two new sewing machines into its 245 sewing centers in time for Christmas.

The medium priced sewing machines are manufactured in Japan by a well-known American company, according to Charles R. Metz, Merchandising Division director at AAFES headquarters.

Priced at $87.50 and $112, the newest sewing center additions will augment a line of sewing machines already stocked by AAFES in its popular sewing centers.

The Sewing Center Program, designed to stretch the military family's budget, was initiated by Major General C.W. Hospelhorn, AAFES commander, in 1973. The 245 centers located at major exchanges around the world, offer a complete range of sewing equipment and accessories.

DMA Mind class

The Central YMCA will be offering a 5-week Dimensional Mind Approach class on Mondays beginning November 22, from 7-9 p.m. The class is designed to focus on the individuality of each member through the experience of DMA's consciousness raising techniques that will help the participants experience real freedom and order in their lives. This is a unique method of self-expansion. For further information call the Central Y at 885-0460.

Indian Leather Crafting

The Central YMCA will be offering a 5-week course in Indian Leather Crafting beginning Monday, November 22, from 7-9 p.m. Learn how to create and hand-make your own leather projects, items such as purses, belt pouches, and moccasins. Buckskin, Elk, and American Bison will be the leathers used. All tools will be provided. Cost of all leather will be extra. No experience necessary. For more information call the Central Y at 885-0460.

Blood drive

The fourth and final Presidio Blood Drive for this year is scheduled for Tuesday, November 9, in the Recreation Center, Building 135. As in the past, the Irwin Memorial Blood Bank will register donors.

The response to blood drives on the Presidio has been declining this year. All members of the various commands on post are encouraged to participate in the Blood Drive. All donations made here are credited to Letterman General Hospital, unless otherwise specified by the donor.

Details and appointment slips are available through your First Sergeant or your staff section NCOIC. Civilian employees and dependents of military and civilian personnel are invited to donate.

"Why an E.R.A.?"

On Thursday, November 11, 1976 the Letterman Women's Club will hold their monthly luncheon at the Presidio Officers Club. The guest speaker will be Ms. Helen Fama, president of the Friends of the San Francisco Commission on the Status of Women. The topic of Ms. Fama's lecture will be: Why an Equal Rights Amendment?, which is a question being discussed everywhere, and the Letterman Women's Club November luncheon will be no exception.

Make your reservation now, as this promises to be an exciting program. The Sherry Hour begins at 11 a.m. Lunch is at 11:45 a.m. Reservations should be made by noon Wednesday, November 10 (Marin, Beverly Chojnacki, 453-6737; San Francisco, Beverly Carpenter, 561-2614).

Presidio players' tenth anniversary

The Presidio Players' 10th Anniversary Season will open with Lanford Wilson's prize-winning play, "THE HOT L BALTIMORE," on Friday, November 19 at 8 p.m. at the Presidio Playhouse. The production will play on Fridays, Saturdays, and Sundays (except Sunday, November 21), through December 12. Friday and Saturday performances will begin promptly at 8 p.m. and Sundays at 7 p.m. The early Sunday evening performances affords playgoers the opportunity for an evening of entertainment and still be able to arrive home at a reasonable hour.

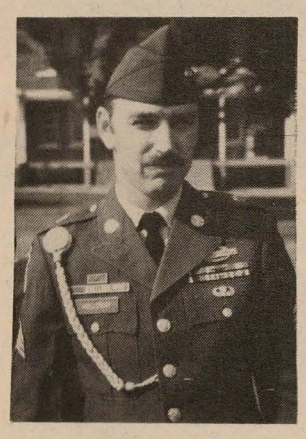
"THE HOT L BALTIMORE" takes place in the lobby of a rundown hotel, so seedy that it has lost the "e" from its marquee. As the action unfolds, the residents, ranging from young to old, from the defiant to the resigned, meet and talk and interact with each other during the course of one day. In the resulting mosaic, they expose the passing events in their lives, of everyday encounters, and above all, the human comedy of life. The sum total of what they are — or wish they were — becomes a poignant, powerful call to America to recover lost values and to restore itself in its own and the world's eyes.

Beginning Monday, November 15, the Playhouse Box Office will be open from 1-5 p.m., except Sundays, and 30 minutes before performances. Tickets are $2.00. "THE HOT L BALTIMORE" is recommended for mature audiences. The language and subject matter are adult.

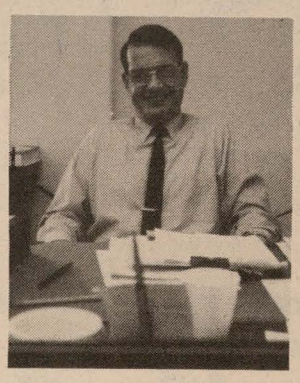
Ramblin' Sam



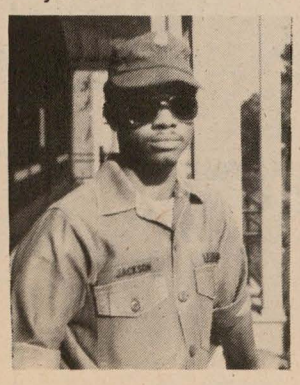
What do you think are the pros and cons of unionization of the U. S. Army?



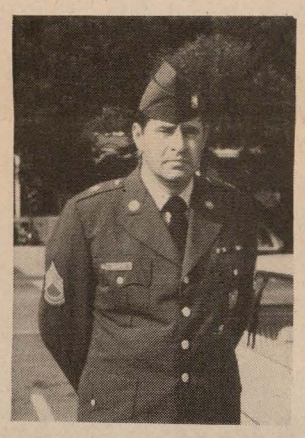
Sgt. William Holloway, DPTSEC I think it'd be a big mistake. I just don't think the Army is structured in a way capable of handling a union. I can just see going on strike in the middle of a combat zone. I've been an infantryman for 10 years and I really think it would be a big mistake.



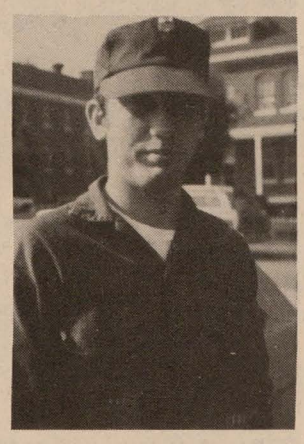
LTC John Geiger, DIO, I've heard the phrase 'unionization of the Army' and I don't like it. But as far as giving it any deep thought, no I haven't. I can't imagine a unionized Army functioning in combat. I can't imaging it functioning well in peacetime. But, I haven't discussed the pros and cons with anyone.



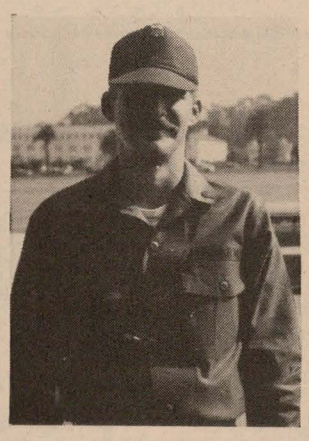
Pvt. Andrew Jackson, TMP, I think this union deal would be good for the new soldiers and benefit the old ones, too. There wouldn't be any more loopholes. It'd be one straight thing. I think it would straighten things out a lot.



SFC John K. Olivetti, Recruiting Retention. The 24 hour concept of a soldier would be almost totally demolished. I don't believe it'll work. Our function as soldiers is: number 1, to defend this country. That's what we're in this uniform for. I think it would be taking away the spirit of America.



Corporal Michael Fournier, DPTSEC, I think the Army should be unionized. Right now a lot of us people don't have equal rights, ya know. On the duty roster or anything like that. If we disagree with the duty roster we could all sit down and strike about it. And we don't get paid enough as it is. I think it'd be great.



SP5 Franklin Workman, TMP, I think it's stupid, to tell ya the truth. Cause if you get a unionization of the Army, you just won't have any combatants to go into combat. Everybody'd go on strike anytime somebody mentioned war. If you got a 5 percent pay raise, the cost of living goes up 7½ or 8 percent. If you keep more money coming in then the more money stores can take in on a product. You'd have to pay dues and it really wouldn't do you any good cause the benefits you get free now, you'd have to pay the union for. I just think it's a stupid idea.

Movies

PRESIDIO THEATER

Friday, November 5, The Big Bus (PG), 7 p.m.
Saturday, November 6, Special Matinee — The Golden Voyage of Sinbad (G), 2 p.m.
Saturday, November 6, The Big Bus (PG), 7 p.m.
Sunday, November 7, St. Ives (PG), 7 p.m.
Monday, November 8, St. Ives (PG), 7 p.m.
Tuesday, November 9, Killer Force (R), 7 p.m.
Wednesday, November 10, Shadow of the Hawk (PG), 7 p.m.
Thursday, November 11, Give 'em Hell, Harry (PG), 7 p.m.

SCHWARTZ/LETTERMAN

Friday, November 5, Fighting Mad (R), 7 p.m.
Monday, November 8, Rancho Deluxe (R), 7 p.m.
Tuesday, November 9, The Big Bus (PG), 7 p.m.
Wednesday, November 10, St. Ives (PG), 7 p.m.
Thursday, November 11, Harry and Walter Go to New York (PG), 7 p.m.



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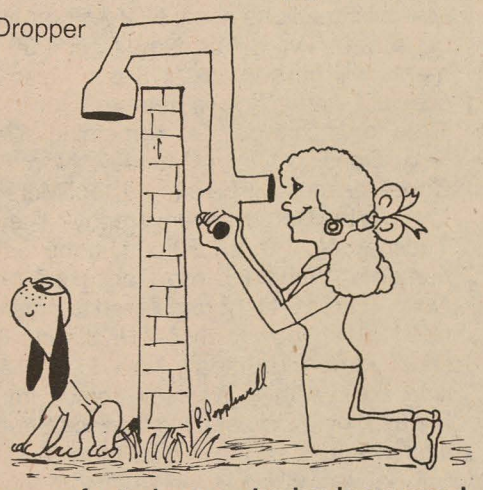
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Colonel Warren J. Lodge, commander
Major Michael J. Williams, public affairs officer
SP4 Rebecca Hall . . editor

The secret eye

A gathering of people and events under the watchful SP typewriter

By Eve S. Dropper



Time passes so fast when you're having a good time . . . or busy as the dickens. Sometimes it seems there aren't enough hours in a day . . . or enough days in a weekend.

Well, there have been two happenings close to home. Lt. Marty Yawn recently married Jon Cavaiani . . . so if you're looking for her, she's at this new name . . . Lt. Marty Cavaiani . . . And, here and there you may have seen the name Rebecca Sherwood on some of our articles . . . NO MORE. She did it too. Went and got married . . . on Halloween, I hear. So, she's Rebecca Hall now. Married Bob Hall, from the 227th Med. Detachment . . . Let me be one of the many who wish Bob and Jon the best of luck . . . they'll need it!!!

White-hat duty has changed over from the 170th to the 402nd MP Bn. It's nice to keep rotating the guys in their jobs . . . don't get too bored, that way. SSgt. Edward Carr is now a SFC, he's also the First shirt of the 504th HHD. And Sgt. Garry Goings, from the 402d is now a SSgt. There were also some awards given out. Lt. Patrick Hall received the Joint Service Commandation Medal; SFC James York received an ARCOM from his prior unit and SP4 Eric Steel and Sgt. John Reyes both received Presidio Certificates of Achievement for their participation in the CID operation in reference to the warehouse thefts. Nice work, guys.

Some people from the 170th also sent over a question. Why do you use the girl peeking over the wall with a periscope at her puppy? Now, I ask you, ain't she cute!!! And I ask you, why not??? You guys got something against dogs??? Now, really, eavesdroppers can't be right up front with things, so they kinda sneak peeks. Understand?

Everybody at the 864th is ARTEP training . . . good luck, peoples. I am glad it's you and not me . . . Pvt. Philip Schnorr just got here from AIT, Ft. Leonard Wood . . . SP4 Robert Bucol is leaving again . . . this time to Turkey. Just in time for Thanksgiving . . . BAD, I know.

I hear Pvt. Jeffery Graupner of the 864th is terribly happy now. He ETSed.

SSgt. Thomas Henkel is off to Germany. The mass exodus continues . . .

Pvt. Kenneth Durkin, Pvt. Dennis Hamilton and Pvt. Norman Beach all joined the 864th from AIT at Ft. Leonard Wood, Too. Must be nice to get stationed with some of the people you went to school with. At least you know somebody when you arrive . . . don't have to talk to walls, or anything like that.

I got a call today. Seems SP Horton from Western Region Recruiting was approached by a person from the San Francisco Municipal Flag Football League about arranging to have their team play a scrimmage against a Presidio team on some Saturday in the future . . . anybody interested??? Now, I know our guys can whop those city guys in a New York second. Right??? So, if you think so too, prove it. Horton is waiting for calls at 7363/7364.

The Band has been busy as little birds . . . dedicating a birdbath! The sister city of San Francisco, Assisi, Italy, gave SF the birdbath, which was placed in Washington Square, in North Beach. I hear the band played a couple of numbers, including the Italian National Anthem. I didn't know French Horns could play in Italian!!! The Band will be in a Veterans Day parade this Sunday. Busy as birds, like I said.

YEH!!! The 16th BPO will have their TV for this weekends games. Fantastic. It really makes me feel good when something good happens to my peoples . . . And they're opening a dayroom with bumper pool and shuffle board. Those guys aren't going to know how to act!!! Talk about getting up in the world, huh?

And SP5 Donald Wilheit and his family are PCSing to Germany. I hear that's where they're from. Well, I heard they were both German, so maybe it'll be a going home for them. Sounds nice . . . I hope ya'll enjoy.

I hope all of ya'll are reading the Presidio Community News . . . they've got a lot of interesting items in it. Some of it may even apply to you. The days are getting shorter (yes, I know it's because the time was changed, but it DOES get darker sooner!!!) and the weather's getting a little cooler. Take advantage of the nice days . . . who knows when the fog will return! Take 'n take 'n keep on whatevering. I will.

Freebies!

All quarters residents are reminded that ice plant cuttings are available at the Self Help Store, Bldg. 250, to assist them in their continuing area beautification efforts. These cuttings should be at least 12 inches long and should have been taken from the tip of the parent plant. The green leaves should be left on the plant and they should be planted so that at least two joints are underground, normally to a depth of about four inches. The ice plant sprigs should be planted approximately 12 inches apart in staggered, contoured rows. The soil around these sprigs should then be tamped or firmed by heeling or any other suitable compacting method taking care not to injure the stems.

Water immediately to help with the soil compaction. This will be especially helpful if the ice plant is to be planted in loose sandy areas. These cuttings should be watered about every other day if it does not rain.

If planting your cuttings is not possible on the same day that you collect them they should be spread on the ground in a shady location and watered until they are planted. It is suggested that ice plant be planted only on those hard to maintain, slopy patches or in sandy areas as grass is a much more attractive ground covering.

Please take advantage of these cuttings if you have a hard to maintain area around your quarters.



Major CHAMPUS changes



The Department of the Defense has announced major changes in the Civilian Health and Medical Program of the Uniformed Services (CHAMPUS). The changes affect non-emergency inpatient care.

All CHAMPUS beneficiaries who live within a 40-mile radius of a military or public health service (PHS) hospital must now go to that hospital for non-emergency inpatient care.

Depending on circumstances and care available at that hospital, the hospital may issue a nonavailability statement which will allow a CHAMPUS beneficiary to seek care at a civilian hospital. Patients who live outside the 40-mile radius are not required to get a nonavailability statement.

Previously, CHAMPUS beneficiaries residing within the 40-mile radius of the hospital (except active duty dependents residing with the sponsor) were exempted from needing a nonavailability statement for civilian inpatient care. This exemption no longer applies.

Effective immediately beneficiaries residing within a 40-mile radius of a military or PHS hospital should contact the CHAMPUS advisor at that hospital prior to seeking inpatient care in a civilian hospital other than for a bonafide emergency.

In addition, effective January 1, 1976 CHAMPUS payment rates were established based on the reasonable fees and customary charges data submitted for calendar year 1974. In this respect, CHAMPUS payments may not now exceed 75 percent (after the initial Fiscal Year deductible portion is met, if appropriate) of the 1974 schedules of fees/charges. Thus, if doctors or other medical care sources have increased their fees, due to inflation or otherwise, since 1974, some CHAMPUS beneficiaries may now be required to pay a larger share of their civilian medical bills.

Any questions (including those on the 40-mile radius or on procedures for obtaining nonavailability statements, when authorized) should be directed to the CHAMPUS advisor.

To prevent possible CHAMPUS beneficiaries being denied CHAMPUS benefits because of lack of a nonavailability statement, you are requested to pass this information on to friends of all Uniformed Services who are eligible for CHAMPUS benefits.

Taken from "Retired Army Bulletin" DA Pam 600-1 Vol V - Oct. 1976

Blotter's top scores

Crimes for Oct 1976	No.	Dollar Loss
Larceny of Property Due to Neglect	17	$3,911.80
Larceny of Property	28	$8,742.00
House Breaking	4	$1,163.00
Vandalism	0	0
Shoplifting (PX only)	4	$19.70
Total		$13,836.00

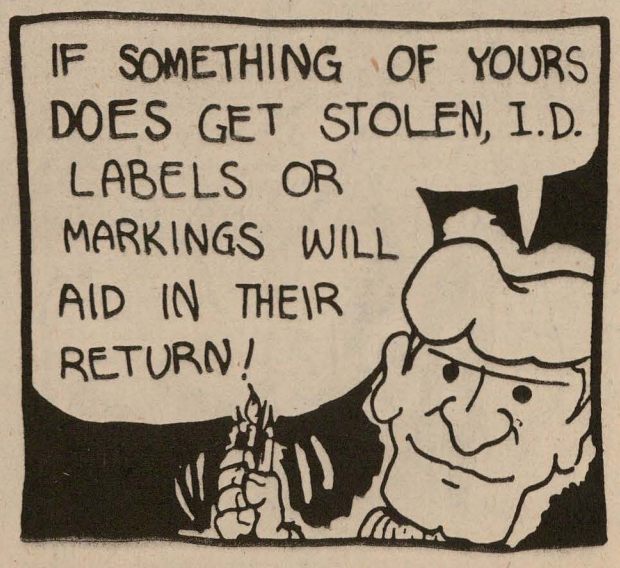
On or about 4 p.m. on October 3, unknown person(s) entered a room in a barracks on Post and removed one 19-inch color Sanyo TV valued at $402.75.

The room could not be secured since the locking device on the door was inoperative.

The person who lived in the room stated that he notified a supervisor of the faulty locking device approximately two weeks before the theft occurred, but the door had not been fixed.

How could this have been prevented? He could have locked the TV in his wall locker. He could have gone up the chain of command to insure that the lock was fixed. Or he could have moved the TV to a friend's room where it could have been secured.

NOTE: There were no vandalisms on Halloween night. The above statistics were provided by the Crime Prevention Branch of the Provost Marshal's Office, Presidio.



Army's Bionic Arm

The "Six Million Dollar Man" and the "Bionic Woman" have nothing on the Army except perhaps their writers imagination in the feats they accomplish.

The Army has developed a bionic limb called the Myosonic arm. The arm was developed for the severely disabled amputee, one who has lost his arm and shoulder and cannot operate a conventional body-powered artificial limb.

The Army's bionic device, the Myosonic arm, provides the power for four degrees of freedom: hand, elbow, wrist rotation, and humeral (referring to the humerus, the bone between the shoulder and the elbow) rotation. Through the wonders of science and engineering, this is accomplished by a three-position switch which is operated by chest expansion, while the human voice selects which function is energized.

It took the Army Medical Bioengineering Research and Development Laboratory more than six years to develop the Myosonic arm under a program for the rehabilitation of the wounded soldier. The program was completed in June of last year.

Since the end of the Vietnam conflict, this type of research has been transferred to the Veteran's Administration where the research into bionic-myosonic limbs is continuing.

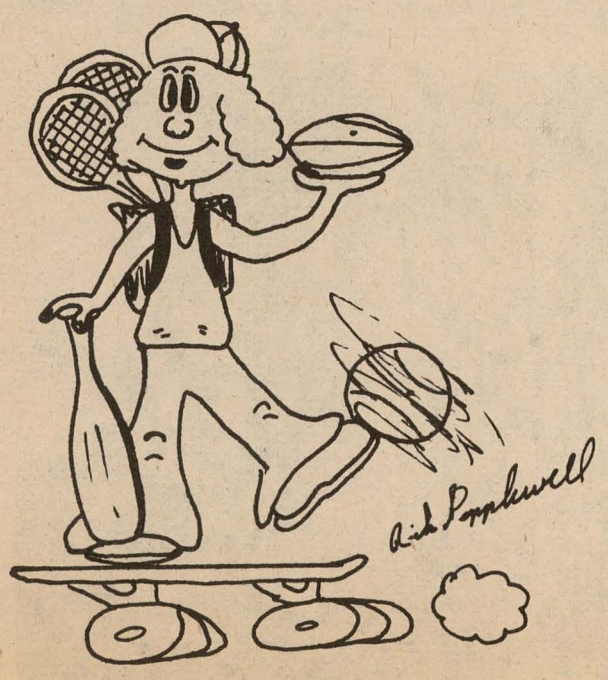
Chuckle of the week



Rec Center happenings

The Presidio Recreation Center will be sponsoring several attractions soon. NCAA Football action, on the big screen TV, will be Nov. 6, at 1:30 p.m. Refreshments will be served. At 8 p.m., also on Sunday, a special TV attraction will feature "Gone With the Wind." Time for a change? Do something different. Join the Belly Dancing Class, Monday, Nov. 8 at 7:30 p.m. Chess lessons will be offered, too. More points needed towards the Commanders Trophy? They can be gotten Tuesday, Nov. 9 at 7:30 p.m. in the Gameroom Tournaments. Webb's Disco Dance will be Wednesday, Nov. 10 from 9 to 12 p.m. Need to brush up on pool, or need to learn how to shoot? Hank Nole, Pool Expert will show you on Thursday, Nov. 11 at 7:30 p.m. Dance time again with a live rock combo from 9 to 2 p.m. Friday, Nov. 12 presenting the Pine Street Band. For all future dances sponsored by the Presidio Rec Center, Bar Service will be available. Also if your unit or club is looking for a place to hold a Christmas party, here's the place, Bldg. 135, Presidio Recreation Center. Come in and fill out your reservation sheet now. For more information call 561-2000 or 561-5420 after 2 p.m.

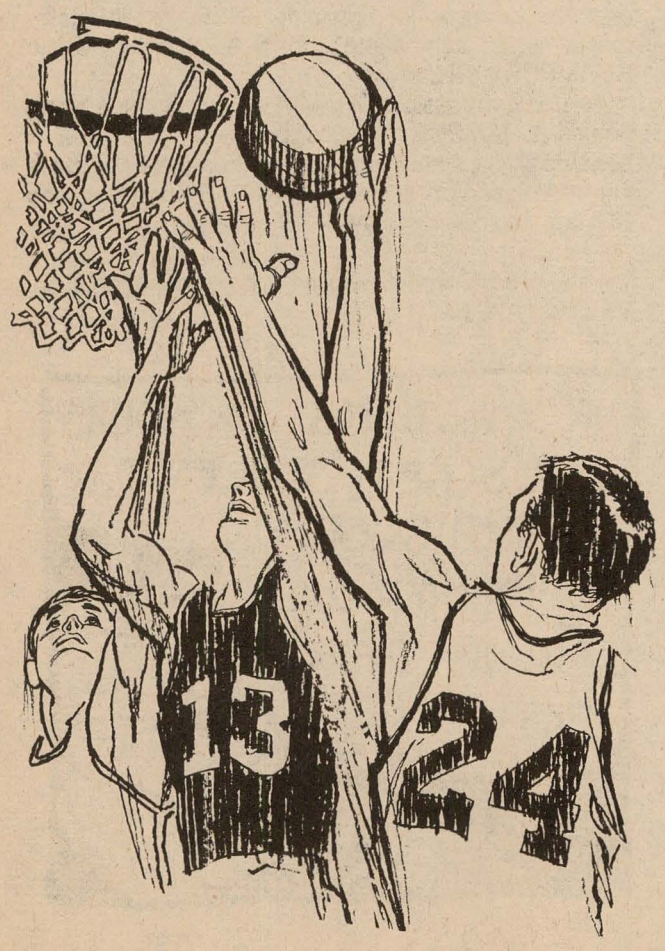
S·P·O·R·T·S



Flag football standings

Presidio League		Ft. Scott League	
LAMC No. 1	9-0	Dist. Corps of Engrs.	of 8-1
402d MP Co	6-4	HHD 504th MP Bn	6-3
170th MP Co	4-5	LAMC No 2	6-4
LAIR	4-6	16th BPO	6-4
USAG	3-7	WRRC	3-7
864th Engrs.	3-7	51st Angrs.	0-10

A closely contested season has just concluded with the play-offs being held all this week. The Ft. Scott League saw many upsets and caused a near three-way tie for second place. In the Presidio League, LAMC No. 1 had an easy season while all the other teams took turns beating each other. The play-off favorite is LAMC No. 1.



Youth transportation

The primary mode of transportation for Youth Activities events is provided by parents and, secondarily, requirements being met with military vehicles are based on resources permitting. On several occasions a need existed for personnel possessing a military bus drivers license to drive a military vehicle during off-duty hours. It is desired to enlist the services of several bonafide drivers who are willing to volunteer their services when a need exists for a driver. Interested personnel should contact the Youth Activities Director, tel: 3637/5141.

Squash tournament

The Post Squash Tournament is half over. The favorite, Thomas Egan, is having an easy time in his matches. Strong contenders to challenge Egan are Ashby Dickerson and Edward Flanagan.

Yosemite Valley

The Central YMCA is offering a trip for Young Adults (18-35) to Yosemite Valley over the November 19-21 weekend. Food, transportation, and lodging will be provided. For reservations or further information call the Central Y at 885-0460.

Post cross-country championship

All distance runners on post are encouraged to sign up for the forthcoming meet. All active duty individuals are eligible to enter. Competition will be on October 30, at 11:30 a.m. at the Post Gym, Bldg. No. 63. The scenic course on post will cover 5,000 meters, (3.1 miles) of rolling terrain. Defending champion Charles Hubay, is in fine shape and is eager to defend his title in the Open Division (29 years and under). In the Senior Division (30 years and older), Allan Swartz has rebounded from surgery and is back on the roads awaiting the chance to defend his championship again.

For sign-up call ext. 4120/5032 or visit Post Gym, Bldg. 63.

Youth basketball

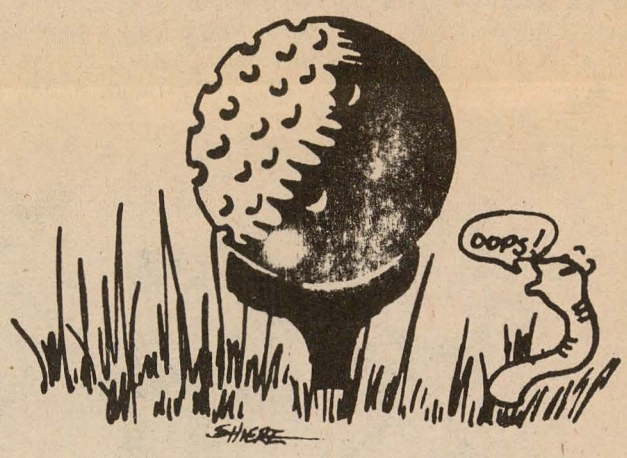
Young people across the country are gearing up for what promises to be the most exciting Youth Basketball program ever developed. The Youth Basketball Association is a program sponsored by the National Basketball Players Association and the YMCA. Last year 200,000 youngsters participated in YBA programs. The program has five basic goals: Fun, fairplay, teamwork, physical fitness, and learning some basketball skills.

The program is open to boys and girls 8 to 14 years of age. Everyone gets to play at least half of a game. Parents are encouraged to help their kids develop at his or her own pace while learning to enjoy the game of basketball. Leadership is needed from female and male coaches who can enjoy working with kids on a personal level.

Sign-ups are scheduled for the month of November. Call your local YMCA Branch for details.

Co-ed gymnastics

A new 5-week course in Co-ed Gymnastics begins Wednesday, November 17 from 7-9 p.m. at the Central YMCA, 220 Golden Gate Avenue. The course will cover four women's events and six men's events, including trampoline, under the guidance of collegiate gymnast John Fong. Beginners through intermediates are welcome. For more information call Central YMCA at 885-0460.



Golf tournament

An eighteen hole tournament is to be conducted on November 17, at the Presidio Golf Course. This will be played by the Callaway Automatic Handicap System. First tee-off time is at 8 a.m. There will be a senior and open division. All active duty military assigned or attached to the Presidio of San Francisco are eligible to enter. For information and entry call NLT November 15, ext. 4120/5032, or visit the Post Gym, Bldg 63, during normal duty hours.

Basketball clinics

Three Youth Basketball Clinics will be conducted at the Post Gymnasium, Bldg. 63, from 5 to 7 p.m. the 16, 17 and 19th of November, 1976. All youths, boys and girls, between the ages of 9 and 16 are urged to attend. Upon completion of the Nov. 19 clinic, a draft of players will be made by coaches and teams will be formed. League play will start on or about Nov. 29. A dire need exists for coaches. Those coaches who have signed up or contemplate signing up, should plan to attend all clinics. For further information contact the Youth Activities Director, ext. 3637/5141.

Intramural basketball

The season is slated to start on November 15. All hoopsters are encouraged to sign up with their unit A & R officer/NCO in forming a unit team. The season promises to be interesting as no one unit has an overwhelming team according to the latest news.

U.S. Government Printing Office, 1975 Jacket 690-081, Print Order No. 63

Star Presidian

Volume 19, No. 44 | Presidio of San Francisco | Friday, November 12, 1976

PSF fireman's hard day's night

Fire eaters get soaked



photo by Charlie Hawkins

High, but not dry . . . **the Argo lists as the waves roll across the rocks.**

By Rebecca Hall

The Bay was sunny and just a little hazy Saturday when the Argo went out for a cruise. The 38 passengers on board the 60-foot luxury sport-fishing boat were intent on enjoying themselves. The day and the boat were made for relaxing.

But, as the Argo came back into the Bay, so did the fog.

At 6:15 p.m., the Coast Guard received a distress call. The Argo was on the rocks, and the crewmen didn't know exactly where on the rocks they were.

The Coast Guard put in a call to the Presidio Fire Department, requesting help in a search of the shoreline on both sides of the bridge. The PFD unit searching the Ft. Point area found the missing Argo, hung fast on the rocks about 60-feet offshore.

The tide was low, and there was a high surf and high winds to contend with as well as the fog. Attempts by the Coast Guard to make a seaward rescue were foiled, time and again, with the danger of ramming the Coast Guard cutter onto the rocks, too.

Since a seaward rescue was not then possible, the Coast Guard began trying to secure the boat. If the waves pushed it over or dislodged it from the rocks, there would be one more boat resting on the murky bottom of the Bay.

Only casualty

At 7:20 p.m., as a Coast Guard crewman was shooting rope-carrying projectiles across the bow of the Argo, he overshot the boat. The harpoon-like projectile embedded itself in the thigh of SP4 Terry Pinzon, an MP from the 170th MP Co. here. Pinzon was one of several MP's on hand, and suffered the only reported injury.

"Three lines were fired. The first one missed the boat and the third one got me," stated Pinzon, "It was one of those freak accidents. The Coast Guardsman couldn't see me because of the fog."

Terry Pinzon was transported to Letterman General Hospital and is in good condition.

Above and beyond . . .

With the sea rescue not possible, the Coast Guard requested the PFD initiate a landward rescue. A line was fired to the Argo and her crewmen secured it to the boat. Fireman Eric Lawsen-Ravn pulled himself hand-over-hand, through the ocean waters, out to the boat.

The Coast Guard provided a breaches-boy, a safety seat, and Lawsen-Ravn set it up.

Between the time the breaches-boy was set up and about 8:10 p.m., eight people were evacuated from the Argo.

Then the tide started coming in, and it became too dangerous to do even that. The waves were getting heavier, and the people were in danger of being lost to the open sea.

With this escape outlet cancelled, the Coast Guard sent a helicopter in. Five people were rescued via this route. This still left 25 passengers, four crewmen, and three firefighters in a very precarious position.

Now that the tide was coming in, the Coast Guard cutter moved in and was able to rescue the rest of the stranded seafarers. This job was finished by 9:45 p.m.

Meanwhile, back on land

While all this was going on, a woman ran into the Ft. Cronkhite Fire Department at 6:35 p.m. Her two children were lost in the cliffs in the veil of fog. The children were located 20 minutes later by the Ft. Cronkhite crew.

The firefighters were finished with Saturday's work. But, they didn't know yet what Sunday had in store for them.

A woman living at Ft. Baker called in an emergency at 2:10 p.m. Sunday. Her child had fallen off a high fence. The Cronkite Fire Department responded. While they were awaiting an ambulance, they applied basic first aid. The child was suffering from back injuries, so he was put on a back-board and a cervical collar was used. The Letterman ambulance crew arrived and took the child to the hospital.

Plane crash

A Cessna 210, with five passengers, was out this Sunday afternoon for a relaxing jaunt when it lost engine power over the Golden Gate Bridge. An emergency landing was going to be attempted on Crissy Field. But, five children were playing with skate boards on the no-longer-used runway.

The pilot of the small plane overshot the children and ran into a fence. The tires on the aircraft blew out, the propeller and one wing were damaged. But, the plane made the landing with all passengers safely on the ground.

All the Fire Department units had returned to the station by 3:30 that afternoon.

More fog casualties

But by 4:15 visibility had dropped to about 10 feet. The Coast Guard called, again requesting assistance in locating a missing boat. This time, the boat was found at Point Diablo.

Military Police, the Presidio Fire Department, an ambulance team and the Coast Guard worked together again to bring eight people to safety. Ropes were lowered to the people and slowly but surely each one was hauled to safety.

During this rescue mission, one of the stranded passengers suffered a possible heart attack. The trained ambulance crew took the necessary steps to help this man reach safety. He was then taken to Letterman Hospital.

Fog problems were plaguing seafarers during the weekend. Two more boats grounded themselves. One was by the Cliff House and the San Francisco Fire Department, with the Coast Guard, initiated that rescue. The other one grounded near Baker's Beach. The Presidio Fire Department and the Coast Guard responded to this problem but the two passengers didn't need any assistance. They were beached, high and dry on the sand, and they were able to walk off.

Team work

The weekend's work garnered 55 rescues for the Presidio Fire Department, the MP's, LAMC ambulance crew and the Coast Guard.

"The men participating in the rescue work were well trained," stated Eugene Day, captain of the Presidio Fire Department. "This weekend's work was an excellent example of the ability of these men to work well in a joint effort. The weekend involved all of the emergency services and was probably the busiest weekend we've ever had in reference to rescues.

"All of the people involved did an outstanding job. And everybody was really worked. The teamwork and energy that went into these rescues was indeed good. Everybody did a knock-out job," Capt. Eugene Day concluded.

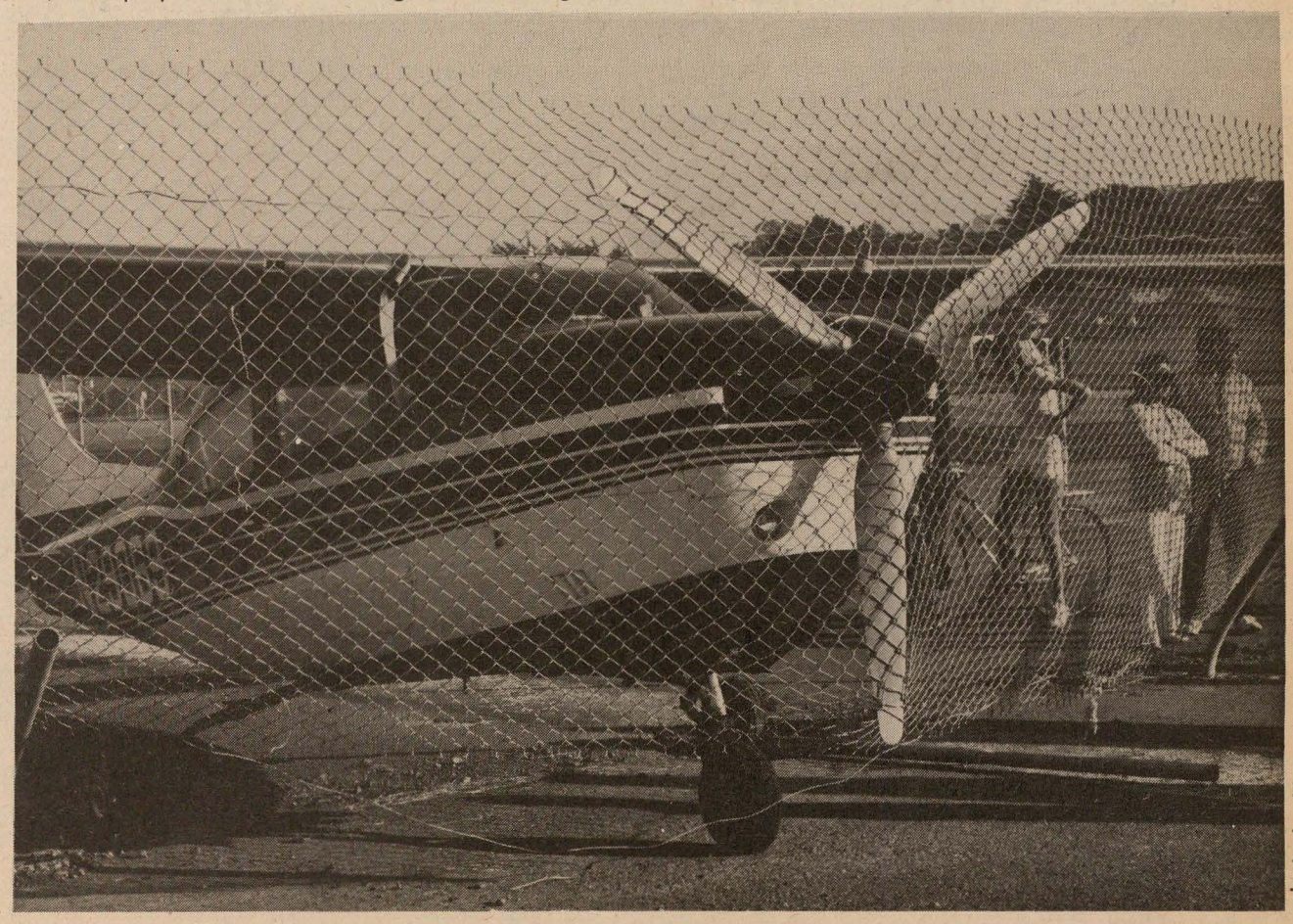


photo by Ken Bach

Caught like a butterfly **in a net, the Cesna 210 comes to a stop in the Crissy Field fence.**

Hot flash. . . Hot flash. . .

Leadership training

The Central YMCA, 220 Golden Gate Ave., will be sponsoring a Leadership Training Weekend December 3-5 for adults (18-35) who want to work with the small groups of people who will be signing up for the Y's Young Adult (18-35) ski trips this winter. Leaders get to go on the ski trips free. For more information call Greg O'Brien at the Central Y: 885-0460.

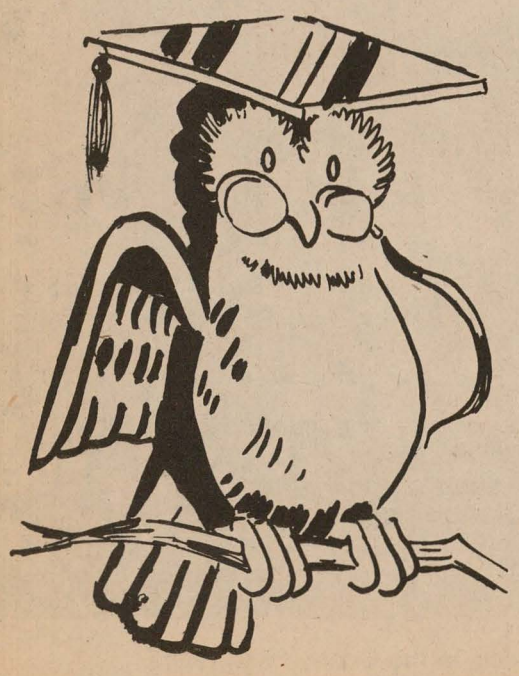
THE HOT L BALTIMORE



W.H. Teed and Jean Donatto try to share the earphones at the hotel desk in the Presidio Players' production of "THE HOT L BALTIMORE," opening on November 19 at the Presidio Playhouse. The prize-winning play can be seen on Fridays and Saturdays at 8 p.m., and Sundays (except Sunday, November 21) at 7 p.m., through December 12. Tickets are $2.00 and the Playhouse Box Office will be open from 1-5 p.m., except Sundays, and 30 minutes before performances, beginning Monday, November 15. Seating will be on a first-come-first-seated basis for those holding tickets. "THE HOT L BALTIMORE" is recommended for mature audiences. The language and subject matter are adult.

College requirements

Military personnel and dependents who play to attend college on a full-time basis during the 1977-78 school year are reminded that many schools require students to submit entrance exam scores from either the Scholastic Aptitude Test (SAT) or American College Test (ACT). To find out which test your school requires call the Education Center. Application Booklets for both tests are available at the Ft. Scott Education Center, Bldg. 1216, ext. 2974 or the LAMC Education Center, Bldg. 1007, ext. 4030.



Korea-bound dependents

More than 500 married soldiers in FORSCOM go to Korea every month. Relatively few are fortunate enough to go on a command-sponsored tour; almost all soldiers are on a non-dependent (hardship) tour.

If you go to Korea, you will almost certainly not be an exception. If you insist on taking your dependents, you will have to pay their roundtrip transportation.

Once in Korea, your dependents will not be permitted to use the commissary, PX, or Class VI Store. Your dependents will be forced to live on the local economy, which is very expensive in Korea. The Army will not provide you with dependent schooling or housing, and local housing is at a premium. All of this is the result of recent congressional action which took effect 1 July 1976.

Crab season

Guess what? Market crab season opens November 9, 1976. Outdoor Rec. has a new supply of crab nets ready for rental. The nets are available at bldg. 122.

CFC ends

The Combined Federal Campaign came to an end Nov. 11. Total contributions for this year's campaign totaled $40,468, and there was 80.5 percent overall participation. Although the monetary total is less than last year, which was approximately $53,000, the percentage of donators is 3.5 percent higher.

"I'd like to thank each unit that participated in this year's campaign. Each individual donation will be used to the fullest extent by the agencies CFC helps support," stated Capt. John Janssen, CFC coordinator for the Presidio.

MOS specialties

What does a tank turret repairman have in common with a stock control and accounting specialist and an armament maintenance foreman-inspector?

Give up? These and 50 other logistical career opportunities are available to qualified NCOs through the Noncommissioned Officer Logistics Program. A listing of the Military Occupational Specialties (MOS) involved can be found in AR 614-200, Table 13-1.

Personnel in pay grade E-6 or higher with a 3 skill level in their primary MOS (PMOS) may be eligible to apply. Selection requirements include a high school education or equivalent, experience and proficiency in the PMOS.

Specific information on all necessary qualifications can be obtained from your first sergeant or unit personnel services NCO. Your post personnel office has application forms.

Looking for WWII books

The Army Library, Pentagon, is interested in replacing copies of the following World War II publication:

Risch, Erna "A Wardrobe for the Women of the Army," Washington, 1945 (U.S. Quartermaster Corps. QMC Historical Studies, V.12)

If any retired member has a copy that he or she would like to donate as a gift, please send it to:

The Army Library, Room 1A518, Pentagon, Washington DC 20315. The library will acknowledge all gifts.

Many widows are responding to our request to keep us informed of their current mailing address. They are also asking pertinent questions concerning their rights and benefits. When you write, please remember that your husband's name, social security number, and his date of death should be included with your correspondence, so that we can provide you with the most complete and specific answer possible. If your address changes, please include the identification number shown on the Bulletin Mailing Label in your correspondence.

Helping others



Major William A. Byrd

The basic premise behind any charitable campaign is to collect money to help others, while at the same time keeping costs to an absolute minimum.

Translated, that means volunteer workers.

Major William A. Byrd, executive secretary to the Sixth Army Commander and a Presidio resident, is one example as a participant in the United Way of the Bay Area's Sponsored Executive program.

Major Byrd, unlike the 61 executives "loaned" by 32 major Bay Area companies to United Way for periods of three to six months, works only with governmental agencies in the five-county United Way area. Major Byrd aids chairpersons in developing and conducting intra-office campaigns.

Success of the voluntary Sponsored Executive program is shown by the fact that only about five percent of contributions is used for United Way's campaign expenses. Another five percent handles year 'round expenses of United Way offices and professional staff.

That means that 90 percent of all contributions ends up with United Way's 195 participating agencies to help the mentally ill, the handicapped, youth, disadvantaged or aged in the five-county area.

Movies

PRESIDIO THEATER

Friday, November 12, Harry and Walter Go to New York (PG), 7 p.m.
Saturday, November 13, Special Matinee — Starbird and Sweet William (G), 2 p.m.
Saturday, November 13, Harry and Walter Go to New York (PG), 7 p.m.
Sunday, November 14, The Shootist (PG), 7 p.m.
Monday, November 15, The Shootist (PG), 7 p.m.
Tuesday, November 16, The Ultimate Warrior (R), 7 p.m.
Wednesday, November 17, Sparkle (PG), 7 p.m.
Thursday, November 18, At The Earth's Core (PG), 7 p.m.

SCHWARTZ/LETTERMAN

Friday, November 12, Shadow of the Hawk (PG), 7 p.m.
Monday, November 15, Give 'em Hell Harry (PG), 7 p.m.
Tuesday, November 16, Murder by Death (PG), 7 p.m.
Wednesday, November 17, The Shootist (PG), 7 p.m.
Thursday, November 18, The Ultimate Warrior (R), 7 p.m.



Star Presidian

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Colonel Warren J. Lodge, commander
Major Michael J. Williams, public affairs officer
SP4 Rebecca Hall . . editor

Commissaries reorganized

After 100 years . . change

Last year the retired community here in the Bay Area was informed of a major reorganization of the commissary system. Last month this became a reality. Our own Commissary is now a tenant unit at the Presidio and comes under the Western Field Office of the U.S. Army Troop Support Agency (TSA) at Ft. Lewis, Washington. This new office controls and manages 16 Army commissaries and annexes throughout Alaska, Arizona, California, Hawaii, Utah, and Washington as well as Japan and Korea.

The centralized management concept is designed to improve efficiency and customer service, reduce both cost and personnel requirements, give greater control of resources and speed decision making and problem solving in Army commissaries. The Western Field Office is directed by Colonel John Pagel, at Ft. Lewis' Logistics Center.

Under directions of the Department of Defense, the Army was instructed to revamp its 100-year old commissary system in July 1975. The central management of Army commissarries was approved for implementation in September 1975. The plan was designed to reduce the layers of overhead, reduce duplication, and afford opportunities for improved management.



photos by Jack Sampson



A "Hot Line" is programmed for the Western Field Office in the near future, and once established, this newspaper will publish the telephone number. In the meantime, customers are requested to address all complaints and suggestions to: The Western Field Office, U.S. Army Troop Support Agency (TSA), Ft. Lewis, Washington 98433

Female soldiers in the news

Growing in importance

It's certainly no secret anymore that women's assignments are playing an ever increasing role in the actions of today's Army.

A recent indicator of this fact has been the significant rise in the number of job specialties being opened to women. Currently enlisted women may serve in 384--92 percent--of the 419 MOSs listed on the Army's inventory.

Previous assignment limitations eliminated include those which restricted WAC personnel from the following: working in mess halls which serve only male personnel; performing medical duties on closed male wards in hospitals; recruiting male personnel; conducting initial classification interviews involving male soldiers and working in law enforcement activities pertaining to men. Further, women are no longer restricted from: working as physical activities specialists with male personnel; assignment as unit supply specialists, first sergeants, command sergeants major, or commanders except in a WAC unit and driving of vehicles larger than the 2½-ton truck.

Other changes that directly affected WAC assignments include the following: Since Nov. 15, 1972, WAC members have been eligible for overseas service immediately upon completion of training. Prior to 1972, members of the WAC were required to complete one year of service in CONUS before becoming eligible for an overseas hitch.

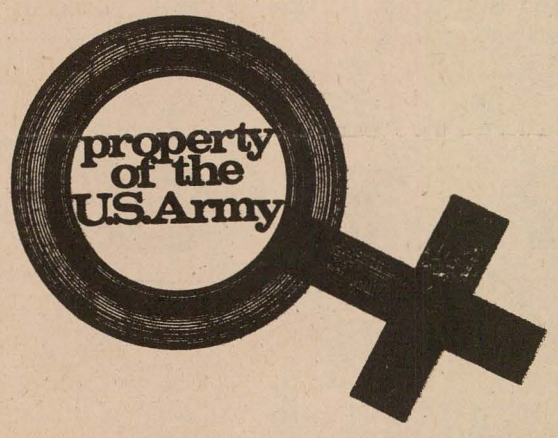
The requirement for enlisted women to have excellent conduct and efficiency ratings to be eligible for oversea assignment was rescinded Jan. 1, 1974.

The overseas tour length for men and women was equalized. Shorter overseas tours for women bachelors no longer apply as of January 1 this year.

On July 1, 1974, WAC officers were permanently detailed to other Army branches, with the exception of Infantry, Armor, Field Artillery, and Air Defense. The career management of WAC officers parallels that of their male counterparts.

WAC officers are now selected for command positions for which they are eligible by DA selection boards under the same criteria as male officers. Command position exclusions for women are those associated with combat units.

WAC officers are fully participating members of school/command selection and AUS promotion boards, no longer restricted to the evaluation of women only.



PSFemales meet top shirt

A meeting involving all enlisted women was held Wednesday morning by Command Sergenat Major James Hodges, Jr.

Although the meeting was listed in the Weekly Bulletin as being mandatory, CSM Hodges wanted all the people present to know they were free to leave if they were there and didn't really want to be. After personalizing himself with the women, CSM Hodges went on to discuss the reopening of the NCO and EM Clubs. He discussed topics which included money, the bringing of guests, new policies for the clubs, and projected programs. The opening date was set at December 3, if participation showed enough interest.

After his introduction and explanations of future plans for the clubs, CSM Hodges opened a question and answer session. Most of the questions were geared towards the opening of the clubs, but other areas such as the wearing of pants-suits, projected ideas for maternity uniforms and the bussing of children from the Presidio housing area to their schools was also discussed.

"I hope you all know I have an open door policy. If you have any problems, complaints or grievances, that's what I'm here for. If I can help solve them in any way, please feel free to call, or come by my office," concluded CSM Hodges at Wednesday's meeting.

All-in-all, the women of the Presidio seem to have their problems well in hand, and they're an asset to the Army, surmises CSM Hodges.

Letter of Appreciation

I would like to take this opportunity to express my appreciation to those members of the garrison who contributed to the success of the recent Presidio of San Francisco Fall Cleanup Campaign. It is obvious to me that the different units and agencies involved, as well as most of you who reside in government quarters, made a concerted and dedicated effort to beautify the appearance of the installation on which we live and work. I would hope that the success of this campaign would prompt you to continue your efforts in insuring that our post remains one of the most attractive military installations in the country. Continual area beautification habits will not only allow us to maintain the appearance of the Presidio but will also substantially decrease the need for concentrated cleanup campaigns in the future.

Once again, I would like to thank you for your help and cooperation. Please continue your fine performance.

Warren J. Lodge
Colonel, Armor
Commanding

Three tours

First Lieutenant J. Clyde Allen, MSC, recently arrived at the Presidio for duty as the Enlisted Detachment Commander at the Letterman Army Institute of Research. What's so new about a new DC, well in the case of Lieutenant Allen this is his third tour at the Presidio.

Lieutenant Allen's first tour at the Presidio was in 1964 - 65 as an Enlisted Personnel Management Specialist with the XV USA Corps which was located in building 650 near the Coast Guard Station. At that time he was a Specialist 5.

His second tour at the Presidio was during 1972 - 74 with the 13th ADA Group at Fort Scott where he served as the Group Personnel Officer. At that time the former enlisted man was a Chief Warrant Officer (W3).

In between his first two tours at the Presidio, Lieutenant Allen completed his degree requirement through the Army's bootstrap program at the University of Omaha in 1972 and applied for a direct commission in the Medical Service Corps which he received while in Germany during April 1974.

How did he manage to get assigned to the Presidio three times? The first time it was a reenlistment option, the second time he was offered his choice of units after completing his degree requirements and opted for the Bay area, as qwll as the third time when he was offered a choice between Fort Ord, Fort Lewis and the Presidio.

The secret eye

A gathering of people and events under the watchful SP typewriter

By Eve S. Dropper

What a beautiful week it's been. Blue skies, and pleasantly cool days. Don't know if you've enjoyed the weather or not, but I have. Especially since I didn't have to be in that fog that rolled around so heavily last weekend.

Beckie Hall, our illustrious editor, asked me to put in a word for Dr. Wong, dentist at LAMC. Seems he's an inspiring dentist. Fusses at you enough to make you feel guilty about having cavaties . . . good work, doc. Beautiful smiles, with good healthy teeth, are fantastic, no matter what methods you use to make people keep theirs. What's that old ditty? Be true to your teeth, or they'll be false to you?

What with Thanksgiving and Christmas coming up, remember to check the duty rosters . . . I know, why did I have to remind you, right? Well, Sgt. Staples is a pretty good guy, and he shouldn't be left holding the bag cause one of us messed up. Responsibilities. Isn't that a terrible word? But, a reality, nevertheless. So, give the good sergeant a break, check the roster, and be there on time. Now, watch. I'll be the one with the duty . . .

USAG's dayroom is sponsoring another party next Friday . . . free beer, munchies and whatnot. It's really a pretty nice dayroom. Pool tables, in good condition I might add, a dynamite TV, comfortable chairs to lay back in, music, companionship. Sounds almost like a singles fun-group. Check it out, or in a more coloquial vain, Ya'll come, ya hear?

Has there ever been a lot of field training going on this week. The 402nd was in the field, at Camp Parks, Monday, Tuesday and Wednesday. The 16th BPO was down at Ft. Ord weapons training, they came back Tuesday. The 864th is having an ARTEP training at Camp Parks, too. "Good training for young rookies," right?

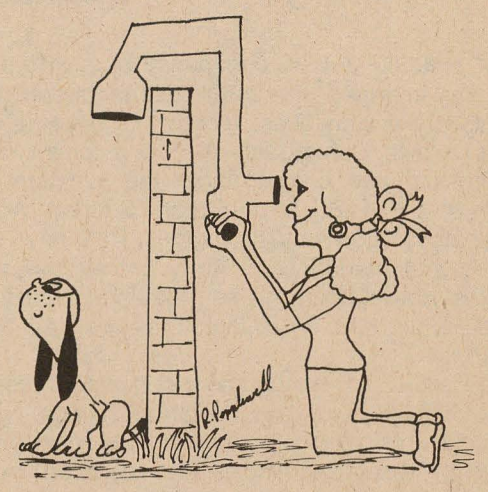
What with all the troops out in the field, that don't leave a lot happening for me here. No new peoples, no old ones leaving.

I hear the Ft. Scott PX and Gym are getting a fresh coat of paint . . . along with everybody's cars. Seems the painters put out signs about 25 feet away from the work area, but when they spray, it seems to float or something. I got word from a sergeant over there that he has parked his car some 100 yards or so away. And now it's a beautiful blue with little white specks all over it. Needless to say, he IS mad. And, there seems to be nothing he can do about it. Since he's not the only one this has happened to, maybe the signs should be placed further away, or they should find another way than spraying, or not paint on windy days. If I had a $5,000 car, I'd definitely be hot if I'd followed the supposedly necessary precautions and I STILL got paint on my car. So, be careful, people.

Hey, all you big straping football players . . . why hasn't SP Horton received many calls? Ya'll aren't worried about playing the city boys, are you? I'd surely have thought there'd be some response to that one. Now's your opportunity to vent any frustration you might have about the city slickers. Hey, G.I. What's the matter? The number to reach Horton is: 7363/7364. Let's hear the old phone ringey, dingeying.

The Band keeps right on top of things. Last weekend they did that Veterans' Day Parade in the City and this week they'll be going to Alameda County for a Veteran's Day Parade there. They're also keeping tuned in for the next concert, coming up on the 17th. And they huff and puff and they make beautiful music . . . while they march. That never ceases to amaze me. There are really people in this world coordinated enough to march and play music at the same time . . . Clutz here would never make it. PFC Craig Grosland, member of the band, was promoted from PFC to SP5. Yep. FIVE. Must be nice. I remember when I was in elementary school and one girl skipped the third grade. You bet it wasn't me, but I did turn a little green. Skipping SP4 would be even better . . . Congrats, you lucky son-of-a-toot.

The 227th Medical Detachment is still doing the swine flu vaccinations. It's kinda neat, the way those guns work. No needles at all. It all works from air pressure. The air kind of rams the vaccine through the skin. Sounds bad, doesn't it? But, if I remember my basic training clearly enough (and I DO, I DO) it doesn't hurt as much as the needles. So, all you squimish peoples, when the time comes next week, roll up your sleeves. Get in, get shot, get out. Just as swiftly as possible.



A couple of weeks ago, I mentioned the spelling of Funston St. Well, either I was improperly informed, or the sign was changed, caused it's spelled Funston.

Speaking of streets. All of those stop signs which are written on the street and are confusing in themselves, by the PX, are hazardous. Be careful when you're trying to negotiate your way around over there. The right lane has an arrow declaring right turn only. But, there are sawhorses in the way of a right turn. The left hand lane says stop. People in the right lane whiz on by, with people pulling out of the PX parking lot. If someone's not paying a lot of attention to what's going on, it could result in a definite fender-bender. So, be cool.

I've made it through another week in The City, Only by deserting to The Country every day. But, I made it, and that's what counts. Got any gripes? Praises? Questions? Let me know. Love hearing from my peoples. Take 'n take 'n keep on whatevering. I will.

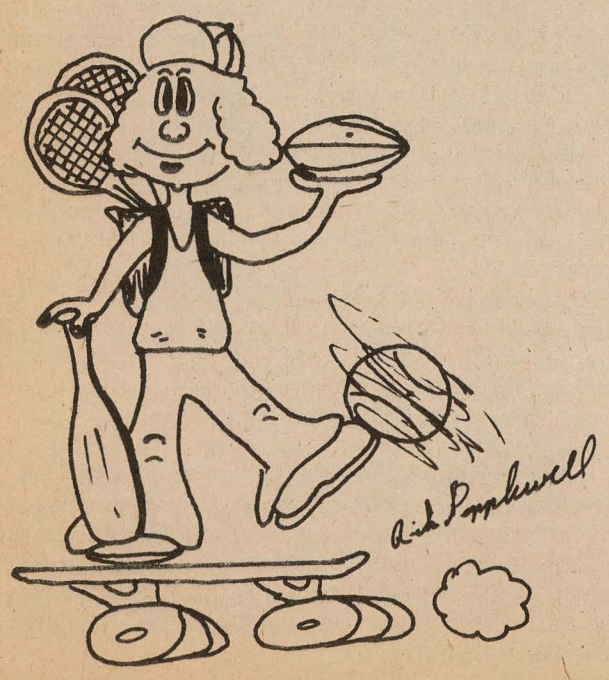
S·P·O·R·T·S

FLAG FOOTBALL — FINAL STANDINGS

Presidio League	W	L	Ft. Scott League	W	L
LAMC #1	9	0	Dist Corps of Engrs.	8	2
402d MP Co	6	4	HHD 504th MP Bn	7	3
170th MP Co	4	5	LAMC No 2	6	4
LAIR	4	6	16th BPO	6	4
USAG	3	7	WRRC	3	7
864th Engrs.	3	7	51st Eng. Det.	0	10

Playoffs

Five teams played a double elimination tournament that ended last Monday night. LAMC No 1 went undefeated and captured the championship over HHD 504th MP Bn by the score of 20-0. Fine teamwork culminated a powerfull season for this team.



Post cross-country championship

Competition will commence on Tuesday, November 30. Distance will be 5 Km. (3.1 miles) over a scenic and rolling course on Post. Starting place is the Post Gym parking lot at 11:30 a.m. There will be two divisions, Open and Veterans (30 years and older). Active duty individuals assigned to the Presidio desiring to enter are requested to see their unit A & R representative or call Sports Branch at ext. 4120/5032 NLT November 23.

Rec Center happenings

The folks down at the Recreation Center want everyone to know that the Center is here and is open seven days a week for your use. If you want to watch football or other sports and special events, they'll have the set on for you. On Saturdays, it's NCAA College Football; Sundays it's NFL Sunday Football; Mondays it's Monday Night Football with Howard Cosell and his fine crew. Catch all the big events on the Recreation Center's giant screen TV. Also on Monday nights they're sponsoring a class in Belly Dancing. This class will help you girls get your figures down to where you want them and will show you how to get the guys to notice. For the intellectually inclined there's the Chess Class, both classes Monday nights at 7:30 p.m.

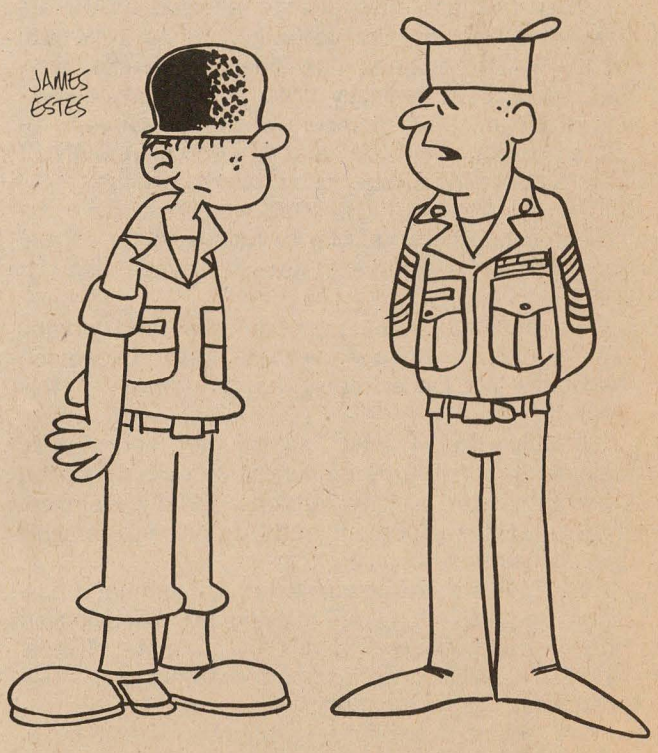
On Wednesday nights they've got an old favorite at 9 p.m. Webb's Disco and an open bar. Hank Nole's Pool Class is on Thursday Night at 7:30 p.m. so come in and learn to play the game the right way. For all special interest groups, units and private parties, check into the Recreation Center for your needs before you pay out hard cash to go somewhere else. For more information, call ext 2000/5420, seven days a week.

N.A.T.O. basketball team

The U.S. Basketball team (N.A.T.O) is currently practicing at the Post Gym. This talented-team play their home games at the Post Gym, Bldg. No. 63, as follows: Nov. 16 7 p.m., vs Pacific Coast All Stars; Nov. 18, 7 p.m., vs. Laney Junior College.

Basketball clinic

Clinics are scheduled for November 16, 17, 19, 5-7 p.m. at the Post Gym, Bldg. No. 63. All coaches, players, dependents and interested people are invited to attend. Fundamentals and rules of the game will be discussed.



"You sure do look familiar, soldier— what's your name? SOLDIERS

U.S. Government Printing Office, 1975 Jacket 690-081, Print Order No. 64

Presidio Main Post Library
PRESIDIO OF SAN FRANCISCO, CA 94129

Star Presidian

Volume 19, No. 45 | Presidio of San Francisco | Friday, November 19, 1976



Inside this issue:

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Fun and Games ..... **Pgs 4 & 5**
Thanksgiving Day ..... **Pg 7**

This, that and the other

Thanksgiving dinner at USO

A traditional, old-fashioned Thanksgiving dinner will be held at 5 p.m. on Thanksgiving Day, Thursday, November 25, 1976, at San Francisco USO, 1019 Market St., between 6th & 7th Sts. All service personnel and their dependents are invited. There will be turkey, rolls, cranberry, stuffing, gravy, and all the trimmings, plus an array of pastries, cakes, pumpkin, mince, apple and cherry pies. All food for the dinner will be donated, as in previous years, by some of the leading hotels and bakeries in San Francisco — which is their way of saying "Thank You & Happy Holidays" to you in the military for serving our country.

Come early and bring the family for a delicious and festive dinner at USO. Call 621-0630. Make San Francisco USO your home away from home during the holiday season!

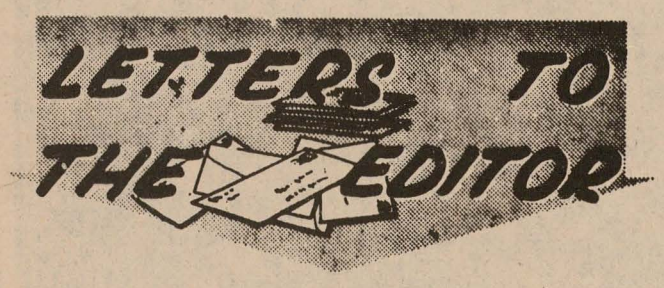
Waterbeds

Waterbeds are not permitted in any housing units on this installation. A Safety Study conducted by Facilities Engineers, PSF Fire Department and PSF Safety Officer showed the installation of waterbeds was not feasible to weight hazard, fire hazard in conjunction with heating units, and possible overload due to increased electrical power usage.



With his wife standing proudly by, Major Harry Cohen (Ret) receives a gift from Store Manager Donald McAllister, for being the oldest retiree shopping at the Presidio's Exchange during a special three-day sale in honor of Bay Area retirees. The Spanish-American veteran was born in 1893 and entered the Army in 1914. Serving 22 years on active duty, he later served 15 years in the reserves.

(U.S. Army photo by SSG Randy Butehorn)



Dear Eve S. Dropper,

You asked for gripes, praises, & questions. I have one of each. First, the praise: Yours is the only column in the Presidian that I read EVERY time in every issue. (The rest of the paper is so dumb it makes you look good).

The gripe is: Your incessant use of the word(?) "Peoples" is a real pain. It was cute the first nine zillion times, but it ain't funny anymore . . . or even cute. I know you're trying to sound like Mr Cool and get down on a casual chatty level with your column, but enough's enough. And that old "Take 'n take 'n keep on whatevering" sounds really gross. And that comes to my final reason for writing: The question . . . "What the /?$⅝"! does "Take n take n keep on whatevering" mean?

If you come out of your cave and stop mumbling jive, you'll be the ONLY intelligent writer on the paper. A dubious honor to be sure, but it will tide you over until you get a real job.

— I.M. BORED

"The Secret Eye"
c/o The Star Presidian

15 November 1976

Beginning Russian

A Beginning Russian Course will be conducted at the Ft. Scott Education Center, Bldg 1216, from January 4 to March 24, 1977. Class is held on Tuesday and Thursday from 7-9:30 p.m. It is open to military, dependents and civilians. The instructor was trained at the Defense Language Institute in Monterey. There is no charge. For further information or to enroll, contact the Adult Education Department, ext. 2974/4445.

Warning:

Because of the increasing number of maiming and killings of deer in the Marin Headlands/Tennessee Valley areas by dogs, a policy for portions of the Golden Gate National Recreation Area has been initiated by the National Park Service.

Dogs on leash (or without leash) are not allowed on any hiking trails within the Marin County portions of the GGNRA. Dog owners who violate this restriction will be cited.

According to a Marin Humane Society spokesman, there are no wild dogs in these areas. The problem emanates from adjacent residents and visitors in the park areas who allow their dogs to run without controls disrupting and injuring the natural wildlife of the area. Dogs also interfere with natural predators causing an imbalance in the food sources of the natural wildlife; and they interfere with horseback riding, a primary recreational activity within the GGNRA.

For information concerning the area and times dogs are allowed within the park, call the Marin Headlands Ranger Station, 561-7612.

Youth activities contest

Entries are now being accepted from youths stating their ideas and preferences in accelerating the Youth Program on this installation. Entries are based on Originality, Realistic and Feasible Programs, Financial Capability of Utilization and Interest to Dependent Youths. Prizes awarded will be a $25.00 US Bond for the winner and runner-up in each of the following age groups: 6-9 yrs., 10-13 yrs., and 14-18 yrs. Deadline for entries will be Dec. 3, 76, and should be submitted to Recreation Services Division, Bldg. 122, PSF. Eligible youths consist of active duty and retired military dependents.

Boy Scouts

On Nov. 13, 76 the Presidio Boy Scouts distributed Salvation Army/Goodwill Industries bags to all houses on the Presidio. Pick-up of these bags will take place Saturday, Nov. 20, 76. All bags should be placed on the front porch so that they can be readily seen for immediate pick-up. Items desired are broken but repairable items, clothing, etc. This community project is a yearly affair sponsored by the San Francisco Bay Area Boy Scout Council in support of worthy organizations.

Veterans employment seminar

Attend the Veterans Employment Seminar Program on December 9, 1976 at 1 p.m. in the Recreation Center, Bldg. 135.

Representatives from the Federal Job Information Center, the PSF Civilian Personnel Division, the US Army, the California State Personnel Board, the San Francisco Civil Service Commission, Medical Experience Directed into Health Careers and the National Alliance of Businessmen will discuss job opportunities.

Information will also be given about veterans benefits by representatives from the Veterans Administration and the California Department of Veterans Affairs. If you desire additional training or education to reach your job goal, representatives from the California Division of Apprenticeship Standards and the Education Center will tell you how you can use your GI Bill to get it.

Persons within 90 days of separation are invited to telephone the Education Center at Ext 3693/4030 to reserve a place now.

Crab season

Guess what? Market Crabs Season opened Nov. 9, 76. We have a new supply of crab nets available for rental. So, check-out a crab net today and have delicious crabs for dinner tonite. For additional information contact Presidio Outdoor Recreation, Bldg. 122, Ext. 4324/4356.

Disco dances

There wil be disco dances at 7:30 p.m. every Friday night in November at San Francisco USO. Of special interest will be the Harvest Dance, November 19, and Post Thanksgiving Dance November 26, with lots of leftover snacks, at San Francisco USO, 1019 Market, 621-0630.

Vehicle Registration

Due to the CONUS wide changes in the Vehicle Registration System, it is required by AR 190-5-1, Section II, Para. 8d (4) that each registered vehicle be assigned a separate number according to the category of the owner, principal operator, or registrant. Along with this change in the Regulation, the Vehicle Registration Office is now converting to the Military Police Management Information System. Thus, the old style decals with the Sixth Army Patch are not valid in this system.

For these reasons the Vehicle Registration Office is now replacing all of the old type decals with new ones which display a FORSCOM decal. All personnel, both military and civilian who still have the old style (with the Sixth Army Patch) decal must reregister their POV's to obtain a new decal. The period of November 15-26 is set for the reregistering of all vehicles owned by active duty Generals, Colonels, and Sergeants Major. The period of November 29 - December 10 is set for all active duty Captains, First Lieutenants, and Second Lieutenants. Civilians and other enlisted personnel may reregister at any time during this period.

Any questions concerning these changes, you may phone the Vehicle Registration Office at 561-3810/3811, during normal duty hours.

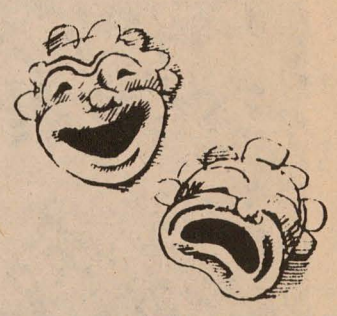
Movies

PRESIDIO THEATER

Friday, November 19, The Adventure of Sherlock Holmes' Smarter Brother (PG), 7 p.m.
Saturday, November 20, Special Matinee—Animals Are Beautiful People (G), 2 p.m.
Saturday, November 20, The Adventure of Sherlock Holmes' Smarter Brother (PG), 7 p.m.
Sunday, November 21, Midway (PG), 7 p.m.
Monday, November 22, Midway (PG), 7 p.m.
Tuesday, November 23, Dixie Dynamite (PG), 7 p.m.
Wednesday, November 24, Double Feature—The Three Musketeers, The Four Musketeers (PG), 7 p.m.
Thursday, November 25, Double Feature—The Three Musketeers, The Four Musketeers (PG), 7 p.m.

SCHWARTZ/LETTERMAN

Friday, November 19, Sparkle (PG), 7 p.m.
Monday, November 22, At The Earth's Core (PG), 7 p.m.
Tuesday, November 23, Midway (PG), 7 p.m.
Wednesday, November 24, The Adventure of Sherlock Holmes' Smarter Brother (PG), 7 p.m.
Thursday, November 25, Dixie Dynamite (PG), 7 p.m.

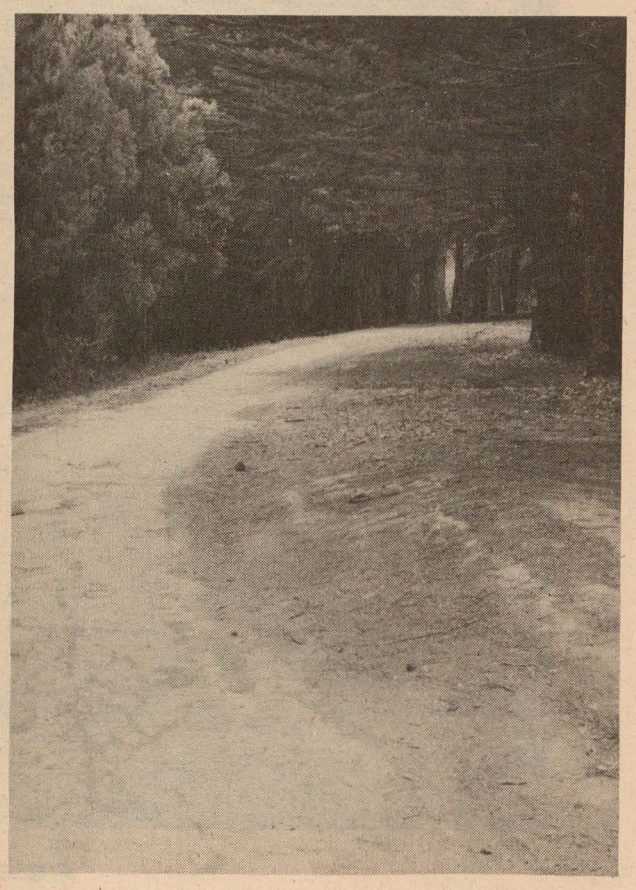


Star Presidian

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Colonel Warren J. Lodge, commander
Major Michael J. Williams, public affairs officer
SP4 Rebecca Hall . . editor

A walk under the Pines . . .



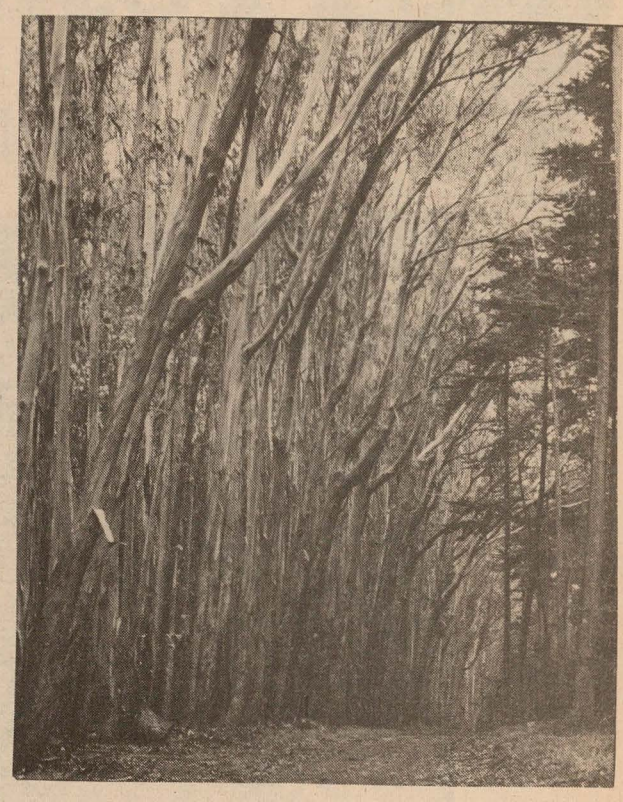
Since the Civil War, the Presidio of San Francisco has answered the call of the nation and the surrounding Bay Area in times of trouble or crisis. This week the nation's oldest, continuously active, Army installation added to its long list of contributions to the public, the opening of a new ecology trail. Guided tours along the two-mile stretch will reward the adventurer sights, of 610 acres, not normally visible from roads.

By direction of Congress and Public Law 92, Section 589, the Presidio was included within the designated boundary of the Golden Gate National Recreation Area. Some 148 acres have been irrevocably permitted to the Park Services under that statute. The Presidio became a National Historic Landmark in 1963. Since it is opened to the public year round, more than 210,000 visitors have been welcomed to the Presidio from all over the world to take advantage of its tour program.

The Presidio is the largest green area in San Francisco. Approximately 89 percent of its acreage is open or green space. What better place should ecology be demonstrated than among the more than 80,000 acacia, cypress, eucalyptus, madrone, pine, redwood and spruce, all planted by the Army since 1847?

For years, daily commuters and weekend hikers have driven or walked through the more than 75 miles of scenic trails, paths and roads.

An added bonus for those of you taking the guided tour along the Presidio's Ecology Trail will be a beautifully colored badge of the Golden Gate Bridge. Interested persons, schools, institutions, etc., are asked to call the Presidio's Public Affairs Office at 561-3870 for further information concerning tours.



Energy savers . . . cold weather tips



Trying to beat the high costs of keeping some heat in your home during these cold, foggy nights can get to be a very real and expensive problem.

One way to save on heating energy and heating costs is to lower your thermostat to 68 degrees during the day and 60 degrees at night. If these settings reduce the temperature an average of six degrees, heating costs should run about 15 percent less.

If every household in the United States lowered heating temperatures six degrees, the demand for fuel would drop by more than 570,000 barrels of oil per day, enough to heat over 9 million homes during the winter season.

Setting nighttime temperatures back can reduce heating costs significantly. One possibility to consider is the advantages of a clock thermostat which would automatically turn the heat down at a regular hour before you retire and turn it up just before you wake.

You should have your furnace serviced once a year, preferably each fall. If any adjustments need to be made, it could mean a savings of 10 percent in family fuel consumption.

When you buy a new furnace, you should select one that incorporates an automatic flue gas damper, a device which reduces loss of heat when the furnace is not in operation.

Another possibility, if you use electric heating, would be a "heat pump" system. The heat pump uses outside air in both heating and cooling and can cut the use of electricity for heating by 60 percent or more.

Some additional cold weather energy savers are: clean or replace the filter in forced-air heating systems every month; dust or vacuum radiator surfaces frequently; keep draperies and shades open in sunny windows and close them at night. For comfort in cooler indoor temperatures, use the best insulation of all — warm clothing.

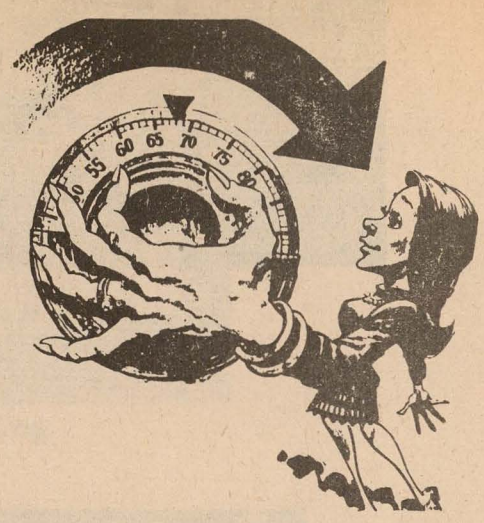
A few basic statistics show how important it is for Americans to save energy at home. Almost 20 percent of all the energy consumed in the United States is used in our 70 million households. That includes more than half of all the space heating fuels used in the country, and about a third of all the electricity.

More than half of the energy we use in our homes goes into heating and cooling. Heating water takes about 15 percent. Lighting, cooking, refrigeration and operating appliances account for the rest. What appear to be small savings in the average household can add up to sizable savings for the nation if every family in the country takes part in the effort.

Conserving energy is a relatively new idea for most of us, but today it is as timely for the average family as getting higher interest from the bank — and in a way, far more rewarding.



"Very funny, Frump—but you know that's not what I meant when I said 'Lights out'!"



CLOSE WINDOWS

TURN DOWN HEAT

By the judicious use of energy at home, you can save money for yourself and help avert uncomfortable shortages in energy supplies in the years ahead as we develop new technologies to meet our goal of energy self-sufficiency in the next decade.

Most observers view energy conservation as a help-mate to environmental quality. Usually the two go hand-in-hand. It has been extravagant use of energy that has pushed man toward heavy exploitation of his natural resources. Domestic oil shortages are forcing us to turn more to coal as an energy source. Eventually, research will almost certainly lead to development of cleaner ways to mine and burn coal. Development of more efficient gasoline engines, improved insulation of buildings and new industrial processes will enable us to maintain our standard of living with lower energy expenditure. Less energy growth means important environmental savings. Truly, a barrel saved is worth more than a barrel found.

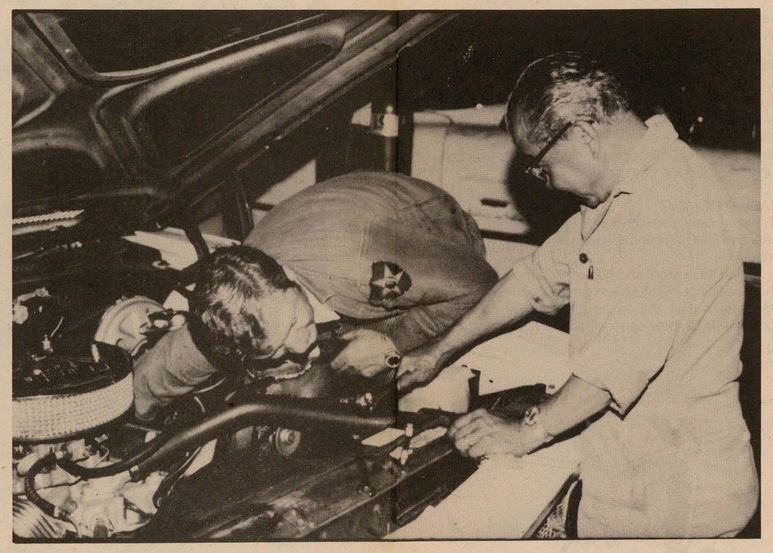
"Nature never gives anything away. Everything is sold at a price. It is only in the ideals of abstraction that choice comes without consequence." — Ralph Waldo Emerson.

Fun and Games at the Presidio . . .

Photos by David Black



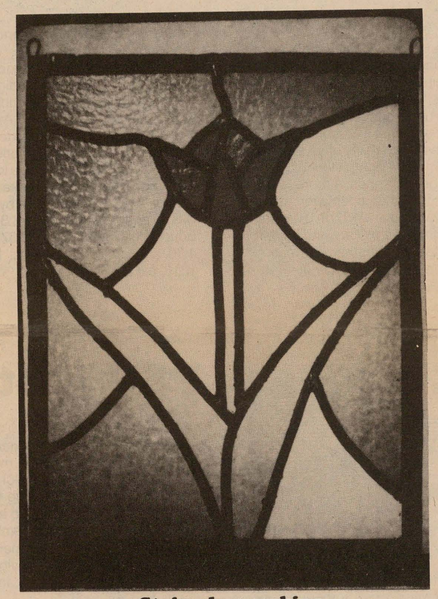
Woodworking



Automotive Repairs



Textile painting



Stain-glass making



Jewelry making



Ceramics

Can also be money savers

Do you know about the Recreation Services Division and what it can do for you these days?

Gone is the time when a new officer with very little experience in anything was given the responsibility of running the Special or Recreational Services on an installation. Gone too are the excess troops as his assistants to disperse games, and pool balls, or teach basket weaving or music appreciation.

Replacing that stereotype is a staff headed by a highly trained officer who holds a degree in recreation or other related specialized subjects.

Here at the Presidio, we are fortunate to have a cadre of highly skilled personnel at RSD. They have developed eight major areas of activities for the active and retired serviceman and his dependents. They are: Sports and Athletic Training; Arts and Crafts; Music and Theatre; Recreation Center; Libraries; and Army-Air Force Motion Picture Service; the Outdoor Recreation Branch and Dependent Youth Activities. A reminder, some of the projects or programs may charge a small fee to cover operational costs and assist in defraying some maintenance expenses.

Woodworking; jewelry making; ceramic design; weaving; photography; painting; minor and major automotive repairs, with individual instructions by a qualified mechanic . . . for free, are just a few of the indoor activities offered.

Some of the outdoor programs include camping, fishing, skiing, scuba diving, archery, bicycling and picnicking.

A variety of programs in and around the Bay Area, such as games; tournaments; special classes; ethnic programs; dances; music rooms for listening and playing enjoyment and a giant screen color TV can be found at the Recreation Center. These are just a few of the many features to be found there, with the ever perking coffee pot and cookies for those who need a little 'pick me up' or just a place to sit and relax.

The Information Tour Travel Center (ITTC) is also located at the Recreation Center. It has some discount deals you can not afford to pass up. With discounts ranging as much as 25 percent or better, you can tour amusement, theatrical and historical sites in California (Marine World USA — Disneyland — Great America — Knott's Berry Farm). For those of you who have always dreamed of vacationing at a luxury Hawaiian hotel and beach resort but knew it could never come true, dream no more. The Presidio's ITTC can help make that dream come true. It's called the Hale Koa, a Waikiki beach-front high rise run by the Army for active and retired personnel. So stop over and see what other goodies are waiting for you to take advantage of and discover all of the fun and games you have been missing, right here in your own back yard. Surely, out of the eight different programs offered by RSD, there is one that will fit your fancy.

Swine Flu . . . Phase II

Even the stars . . .



***BG Norman J. Salisbury, Chief of Staff Sixth U. S. Army,* gets swine flu shot during Letterman Army Medical Center's immunization drive.** (U.S. Army photo by William Malkiel)

PHASE I OVER

Phase 1 of the Influenza vaccination program at the Presidio, for active duty military personnel, is over. But, vaccination of active duty military is not. LTC Ruark, Chief of Health and Environment at LAMC, and swine flu project officer, reports that there are still a lot of military personnel who have not received their vaccination, and that he is now preparing a make-up date. The vaccination, he states, is a mandatory one, which all active duty personnel must take. Many personnel were not available because of field duty, TDY, leave or were on sick call. Some just plain hid. But because of the importance of the vaccination, every effort is going to be made to insure that those who missed the initial vaccination are given every opportunity to get a make up. The success of the vaccination itself is dependent on the whole population being vaccinated. For all active duty military who missed their shots, and are eager to get theirs right away, the immunization clinic on the second floor of LAMC will give the vaccination. For others who still try and hide, a special opportunity will be provided in the near future.

PHASE II BEGINS

Vaccination of all persons in the high risk category, to include persons over 60 and those with chronic illnesses will begin on Monday, November 29 at two sites: Presidio Theatre and Harmon Hall, down on Crissy Field. Vaccination will begin starting at 8 a.m. and continue throughout the day until 4 p.m.

PHASE III COMING

Tenative plans for vaccination of all dependents, retirees, and DOD civilians is scheduled to begin on December 6.

Watch for posters and public announcements.

A swine flu hot line has been set up. If you have questions pertaining to the vaccination, where or when, phone 561-4659, between the hours of 8 a.m. and 4:30 p.m.

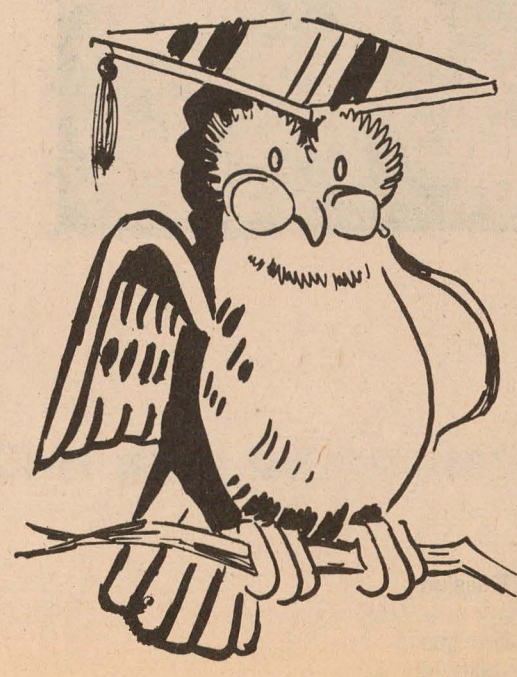
Education opportunities

MBA program to begin:

In January, Pepperdine University will soon start a new cycle of classes leading to a Master of Business Administration degree. This program has several aspects of potential benefit to military personnel: (1) Those with a nonbusiness undergraduate degree may substitute five years of management experience for the business foundation courses which many other schools require, (2) The program may be completed in 12-15 months, (3) Courses meet on weekends. A representative from Pepperdine will conduct an orientation at the Fort Scott Education Center, Bldg 1216, on Tuesday Nov. 23 at 4:30 p.m. All interested military and civilian personnel are invited to attend. For further information call the Fort Scott Education Center, ext 2974 or 4445.

The University of San Francisco offers innovative inner college program:

The University of San Francisco offers an innovative Inner College Program leading to a Bachelor of Arts degree in Economics, Psychological Services, or Public Service and a Master of Arts degree in Public Service. Of potential advantage to military personnel is the preparation of the Life Experience Portfolio, for which students may be awarded up to 98 units for prior education and experience. Orientations for interested personnel will be conducted by a representative from U.S.F. as follows: Dec. 1, 3:30 p.m. at the Letterman Education Center, Bldg 1007, ext 4030; and Dec. 9, 4:30 p.m. at the Fort Scott Education Center, Bldg 1216, ext 2974.





"O give thanks unto the Lord; for He is good," says the Psalmist.

How about it! Has He been good to you?

I guess the first thing that we do when someone asks us a question like that is to search our past for some extraordinary event. "Lets see — has God been good to me this year?" The very fact that we can ask ourselves that question is a blessing in itself, for there are those who have lost their ability to reason in the last year. The fact that you can read this article is reason enough to give thanks, for there are those who cannot read. There are so many things that we take for granted such as seeing, hearing, smelling, talking, walking, reasoning; but there are many who would count those as the greatest of blessings if only they could have them back.

Yes, as I reflect on just the ordinary things of life, I must join with the Psalmist and say "O Give thanks unto the Lord; for He is good." How about you?

The Presidio Community will have its Annual Thanksgiving Service at the Post Chapel on Wednesday, November 24, 1976 at 7 p.m. The service is Ecumenical (All Faiths) and will be lead by Military Chaplains and Civilian Clergy.

This Thanksgiving event will initiate our Post-wide celebration and offer a community experience of worship and praise to Almighty God as "One People and One Nation Under God."

Chaplain (Colonel) Walter D. Forsythe, LAMC Staff Chaplain, will be the guest speaker. Chaplain (Colonel) Robert J. Plocki and Father Richard Cutler will lead the Catholic Expression. Rabbi William Dalin and Cantor Blackman will lead the Jewish Expression. Chaplain (Major) Donald Nietering and Chaplain (Captain) Roland Q. Humphrey will lead the Protestant Expression.

This annual service has become a traditional event and a meaningful experience to the Presidio Community. You are invited and encouraged to participate in the service.

Civilian attire will be appropriate.

PSF hosts '77 CISM Conference

Lt. Gen. Edward M. Flanagan, Jr., Commander Sixth U.S. Army, will address the more than 200 delegates from the 68 member nations of Conseil International du Sport Militaire (CISM) during that organization's 31st General Assembly to be held at the Marine's Memorial Club in San Francisco, December 1-6.

Soldier athletes from the member countries compete in Olympic level competition in the four broad categories of military sports, individual sports, combat sports and teams.

Included in the military sports groups are military pentathlon, modern pentathlon, Naval pentathlon, area nautical pentathlon, parachuting, orienteering, skiweek and shooting.

Making up the individual sports calendar are track and field, rowing and kayaking, cross-country, cycling, horsemanship, swimming, tennis and gliding.

Bowing, fencing, judo and wrestling comprise the combat sports, while team sports include basketball, volleyball, soccer, handball, field hockey and bobsleigh.

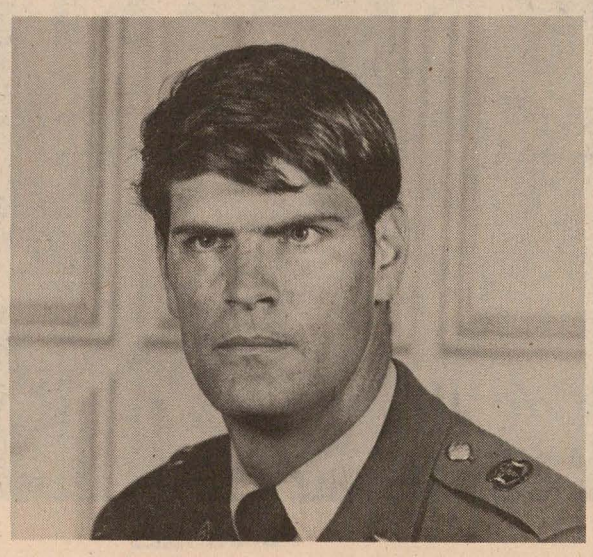
Most of the delegates from CISM, headquartered in Brussels, Belgium, will arrive in San Francisco, November 30. The opening ceremony will include a parade of delegates and national flags, welcoming remarks by U.S. Navy Capt. R.P. Perry, the main address by Lt. Gen. Flanagan, as well as remarks by the President of CISM, Rear Admiral A. Massarini of Italy.

Delegates to the General Assembly will be planning and scheduling competition for next year during the six day program here.

One of the largest sports organizations in the world, CISM counts its membership from the five continents. The organization was founded in 1948 at Cannes, France with an original membership of France, Belgium, Denmark, Luxembourg and the Netherlands.

Its established aims are to encourage physical activities and military sports in every appropriate way to develop friendly relations between the Armed Forces of the member nations, to provide for a program of technical assistance to contribute to a progressive balanced development of youth and to contribute to Universal peace.

September Community Citizen



Staff Sergeant Thomas Howerter, LAIR, was designated the Presidio Community Citizen of the month for September.

During his three year assignment on the Presidio, Sergeant Howerter has volunteered a major part of his free time to making the youth activities program work.

Among the many activities in which he actively participates are coaching teams in basketball, flag football, baseball; acted as commissioner for the baseball program and was president of the basketball program.

His efforts on behalf of the Presidio's youth activities program, willingness to give of his time and his patience in working with Presidio young people earned Sergeant Howerter the gratitude of other volunteers, parents and brought him the honor of being named a leading citizen of the Presidio community.

Thanksgiving Day

Commander's message

On this Thanksgiving Day, I send best wishes to all members of the Presidio and their families.

As you pause in your daily pursuits to give thanks for the many blessings we have as citizens of this Nation, you may reflect with pride on the vital part you play in preserving the freedom and security we all enjoy.

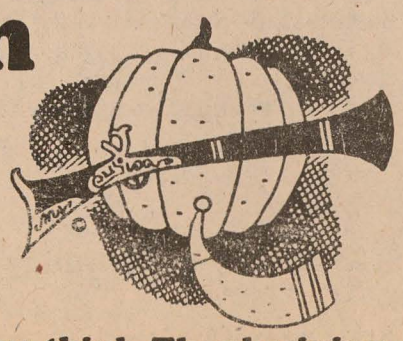
May this holiday be filled with peace and happiness as we give thanks for our most cherished heritage - freedom.

Warren J. Lodge, Colonel, Armor
Commanding

Thanksgiving Day Menu
Shrimp Cocktail
Roast Turkey
Baked Ham
Giblet Gravy
Corn Bread Dressing
Mashed Potatoes
Glazed Sweet Potatoes
Butter Lima Beans
Buttered Broccolli
Cranberry Sauce
Butter-flake Rolls
Pumpkin Pie
Mince Meat Pie
Fruitcake
Assorted Fresh Fruit and Nuts
Assorted Candy
Coffee, Tea, Milk

This menu will be featured at the three dining facilities on the Presidio and Ft. Scott. For the times Thanksgiving day luncheon will be served, and for reservations, call your dining facility no later than November 23.

Ramblin' Sam



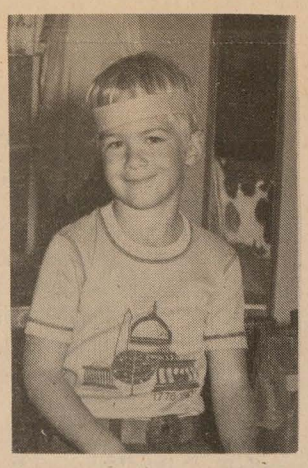
What do you think Thanksgiving means?



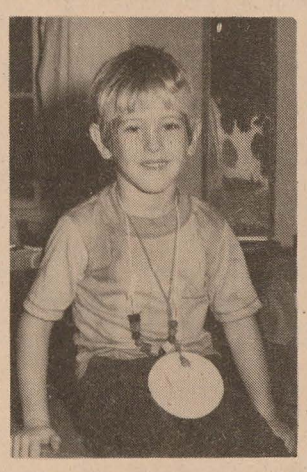
Katie Elizabeth Birch, 5 years old: The Pilgrims came on Thanksgiving. When they came, they didn't have food and the Indians helped them. We have a party at our house and make decorations. We get things and put them up. The Indians had fish and deer and they had to hunt. They all hunted and found fish and stuff to eat. Then they had all that food and they had a big party.



Cindy Orecchia, 5 3/4 years old: I know what a man Indian is named. A brave. We have Thanksgiving because we're thankful. We're just talking about Indians right now, but we're going to learn about the Pilgrims later. I like turkey a lot and I'm glad Thanksgiving is coming up.



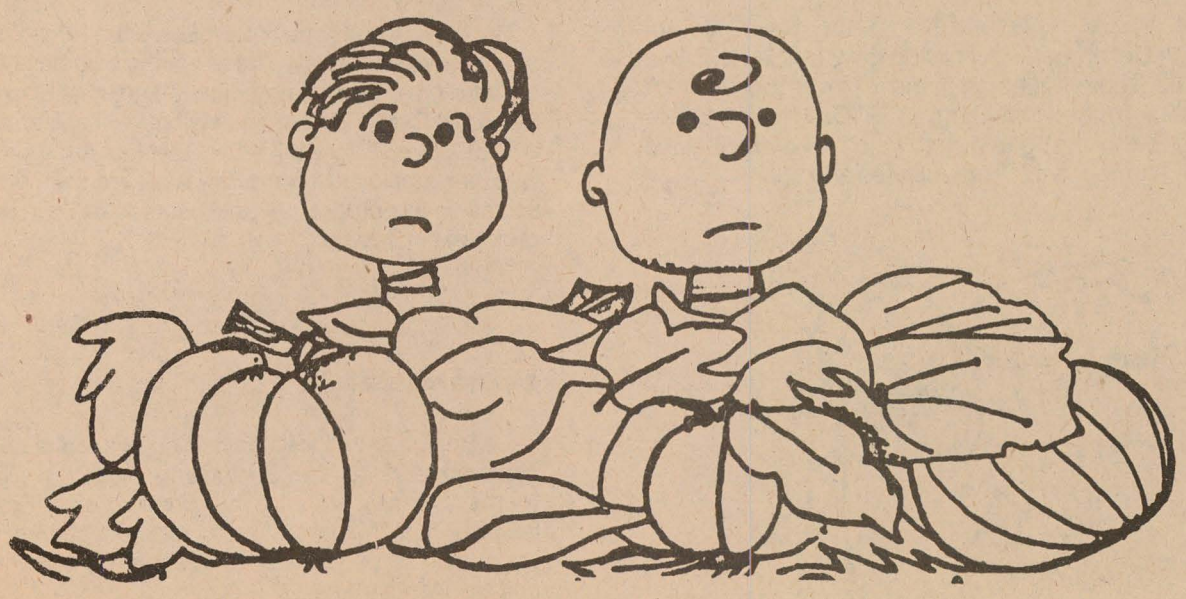
Kirk Waibel: Thanksgiving is a party. The Indians and Pilgrims hunt for turkey. We have our Thanksgiving with relatives because we like them and they're our friends.



Brian Frazier, 5 years old: Thanksgiving is pretty. We make a party and have food. Just food. If we didn't have anything to eat we could hunt pigs and turkeys and rabbits. It's good the Indians made friends.



Tony Brown, 4 almost 5 years old: Thanksgiving is turkey day! We have it cause my momma likes it. Thanksgiving doesn't have anything to do with Pilgrims and Indians. I like it cause that's when we have turkey and I like turkey.



Thanksgiving



***Sandy Childs, Presidio Kindergarten teacher,* instructs her class of 4- and 5-year-olds in Indian Rug Weaving.**
(U.S. Army photo by Pfc Jim Canfield)

"Right now we're working on various projects that the Indians did, the Indian children did. The Indian children learned to write by using smoke signals, using various signs that they would eventually put on the teepee," said Mrs. Sandy Childs, Presidio Kindergarten teacher. "Like the sign for man, the signs for horses or journey. This is how they eventually wrote, by picture drawings. They would be translated by others later.

"We've learned a little bit about the various Indian cultures, how the Eastern Indians differed from the Plains and Western Indians. Just a very general overview of the Indians lifestyle.

"We're leading up to the Pilgrims and how the Indians helped the Pilgrims through that first year and why we have Thanksgiving.

"Instead of having a Thanksgiving party with just cupcakes, what we're going to do is have a complete dinner as close to what the Pilgrims served the Indians as possible. Turkey and ham, fish and popcorn, squash, pumpkin pies, etc. All of which is made by the children. We'll start this next week. All the cooking will be done in here. They'll churn their own butter, whip their own cream, everything they do themselves.

"As far as physical education is concerned, we do exactly what the Indian children do, run relay races, obstacle courses. They were very big on throwing and all types of endurance skills. So, we do a lot of this. They learn Indian dances. Pretty much everything we could think of that the Indian children did, we're teaching our children.

"On Friday, we'll have the Pilgrims come in on the Mayflower, a paper box boat. While they're on board, we talk about their feelings. Are they glad to see land, what do they think some of the hardships might have been aboard ship?," explained Mrs. Childs.

"Meanwhile, the Indians are on land having a general review of what they've learned. And how they'll feel seeing a big ship. They've never seen a large ship or people dressed this way before. Squanto has, because he's been to England and he'll be their interpreter.

"Then we spend the day down on the beach and go over everything we've learned in the past two weeks. This way the children can feel what they're learning," concluded Mrs. Childs.

The secret eye

A gathering of people and events under the watchful SP typewriter

By Eve S. Dropper

This week has really been interesting. There was another earthquake in China, the guy who wants to face the firing squad, and tried to commit suicide when he was given a stay of execution, and I got a lovely letter from I.M. BORED. Nice hearing from you. Check out his letter under letters to the editor, it's priceless. And sounds relatively honest.

The 170th is still pulling white hat duty, but they've gotten in a few more members to help out. PFC Thomas Summers and PFC Gregory Clark and Pvt. Michael Withington all arrived from AIT at Ft. McClellan. I've had my say about good old Ft. Mac, so I'll refrain.

Last but not least, in the lines of MPs, is the 402nd. The MPs are always getting all sorts of neat training. This week the 402nd, using about 50 people, did a simulated Black Market raid at Angel Island. In the raid, it was supposed to be as though it were a foreign country, and the local gestapo needed help from the military. It all sounds terribly interesting, but it'd be even more so if these simulations were REAL . . .

Lt. Dean Kemp has left the 402nd to become the new CO of the 163rd MP Detachment. Lt. Wayne Emard and Lt. Thomas Africa are working with the 402nd now, coming from MP Officer Basic at Ft. McClellan. And, keeping their people informed, about 25 of the 402nd's personnel are taking a Criminology course. I took one of those once, when I was in college. Let's not go into how badly I did, leave it at I'm not an MP or a lawyer or anything else dealing with criminology . . .

The CPO and PAO personnel would like to thank Facility Engineers for constructing the drain around Bldg. 37. The occupants now arrive at work with dry feet.

The 864th Engineers have returned!!! What? You didn't know they were gone? Well, they were out in the field having their ARTEP. Which, by the way, turned out splendidly, or so I hear. I was also told that they'd like to thank the MPs, who played the part of the aggressors . . . seems the aggressors left a couple of jeeps in available positions, and the engineers did what they had to. They took them. And, one of the jeeps had some food in it. The engineers thank the MPs for the cake, but have kindly requested that next time, would you make it German Chocolate???

Capt. John Gates, of the 864th, has moved to 9th Readiness Region, and Capt. John Chaufty has gone to HQUSAG with his duty at DFAE. Pronounced daffy . . . Hope you both enjoy your new duties.

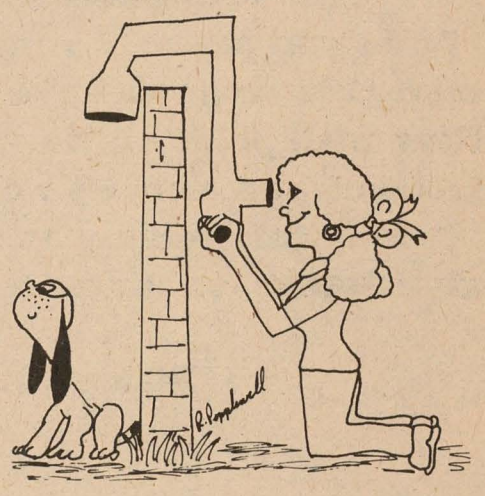
More people leaving the 864th are PFC Julio Colon, on his way to Germany, and SP5 Patrick Gilbert, off to Korea. Then again, coming in are Pvt. Joseph Gage, from Ft. Sill and Pvt. Darrell Williams and Pvt. Jess Mitchell, both from AIT at Ft. Leonard Wood. Outside of stealing jeeps, in-processing new arrivals and taking care of general business, the 864th is spending it's time doing all those fun, tedious, and time-consuming things like cleaning weapons, tents, sleeping bags, etc. But, it's gotta be done, guys . . .

I'd honestly think that sports would be a biggy on post, what with our having to keep slim and trim, but it seems some of the units are having a hard time mustering up enough support. The football game between the post and the city is out. Not enough support, plus some legal-type problems, **but** they still need support for their basketball team. It seems as though the smaller units on post are supposed to join together to get a team. Well, not much has happened with this so far, so if any of you mobile guys want to get involved, just give SP5 Mason a call at 7363/7364. It's for a worthy cause . . . your health.

Moving along, WRR is losing Major Bill Carey. He'll be returning to civilian life the beginning of December, and is looking forward to working in this area. Sorry to hear you're leaving, Major, but I hope you do well and enjoy your civilian career.

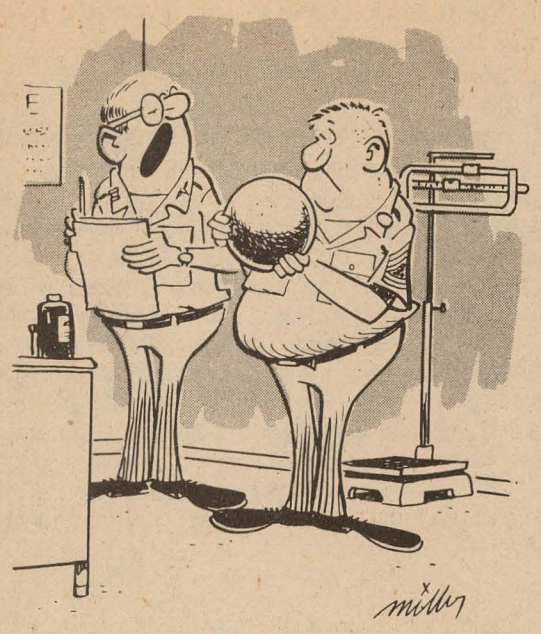
Swine Flu is getting a bit rung out, but the 227th is still firing away. Doesn't seem like there's been an awful lot of business at some of the shooting locations, but if you didn't get your shot, shame on you . . . Capt. Worth Taylor, CO of the 227th, is TDY to Atlanta, GA, for the Center of Disease Control's school . . . nice place for any kind of school!

Now, I ask you I.M. Bored, did you actually enjoy this one better??? If not, I must honestly tell you, I tried to please you, me, and everybody else with a rather neutral tone. If by some silly mess-up I failed . . . well . . . But, thanks for writing.



The end of another week. Don't look for a paper next week cause we won't have one. I'll be enjoying Thanksgiving with my family and I hope you will be, too. If you can't be with family, find a friend, and share some happiness. Be thankful for all the little things that make our lives wonderful, and all the humongous things that make our country one of the best in the world. Enjoy. (And have a happy Thanksgiving day) We love ya.

S·P·O·R·T·S



"No, you don't swallow it, you roll it twice a week at the base bowling alley."

Notes from the kegboard

The PSF Bowling Center presents No Tap Doubles. nine pins will equal a strike; eight pins or less equal a spare, or you can take the pin count only. This game is available Monday through Saturday until 5 p.m., if lanes are available. All eligible personnel, no guests, are those with a 75-76 San Francisco Bowling Association Average. All others must furnish proof of average (21 games or more) prior to bowling. Individuals with no current average will be rated at a 170 average. The game is open to men, women or mixed teams. There is a maximum of two teams (four bowlers) per pair of lanes.

Two individuals (one team) whose composite average is '340' or over will be in Class 'A', all others, '399' or under will be in Class 'B'. It will be permissable to bowl in both classes with a different partner.

Each two-member team will pay $3.50 for three lines — $1.00 of which will go to the Prize Fund. At the end of the week (Saturday at 5 p.m.) the high team game for the week (not series) wins 80 percent of the pot. Each week ending with the first Saturday of each month, high game for the week takes the entire pot. Anytime a game of '580' or better is scored, the team takes the pot.

Trout fishing

One of the hottest trout spots in the area, Lake Merced, has extended its usual season by six weeks. Fishing there will be permitted through December 31, according to DFG.

Anglers at Lake Merced in San Francisco are catching trout at an average rate of nearly one fish per hour and most of them are going away with legal limits, according to the California Department of Fish and Game. The fish are of good size, too, averaging about 1/3 pound each.

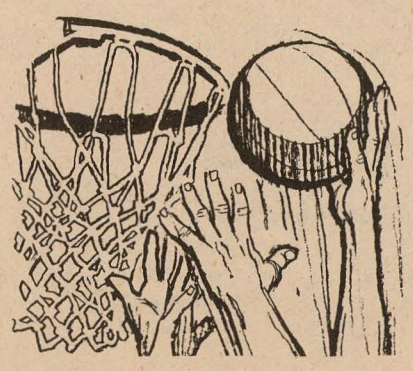
An easy 20-minute drive from the Presidio, Lake Merced is located across the highway from Fort Funston and the San Francisco Zoo.

Cross-country

Competition will commence on Tuesday, November 30. Distance will be 5 km (3.1 miles) over a scenic and rolling course on post. Starting place is the Post Gym parking lot at 11:30 a.m. There will be two divisions, open and Veterans (30 years and older). Active duty individuals assigned to the Presidio desiring to enter are requested to see their unit A & R representative or call Sports Branch at 4120/5032, no later than November 23.

NATO

The U.S.A. representative to the NATO tournament in December is practicing daily at the Post Gym, bldg. 63. Their next home game is November 24, 1976, at 7 p.m. in the Post Gym, vs. U.C. Medical Center. Come to the next game and watch basketball played under international (Olympic) rules and styles.



Rec Center happenings

Last week, at the Presidio Recreation Center, those who wanted to, got to see just about every major sports event and special on the giant Video Beam TV set that was offered. Not only that, but several people took the staff up on their offer to turn the set on for programs that they didn't know about. So don't forget, the set is there for your enjoyment and the Recreation Center staff will continue to show every major program being aired that they can get with the antenna.

There are classes being offered on Mondays and Thursdays. There are Belly Dancing lessons and Chess Lessons on Monday nights at 7:30 and there are Pool Lessons on Thursdays at 7:30 p.m. If you are a dancing freak, come to the Disco Dance with Dr. Webb. He's there every Wednesday from 9 - 12 p.m. On Tuesdays and Fridays there are game room tournaments and card games, all for points and trophies. Next Saturday, Nov. 27th, at 9 p.m. there is going to be a "soul" band called Just Music. If you like good, live "soul," plan to be there. For more information on what's happening at the Recreation Center and what's happening in town, call ext 2000/5420/5480 after 2 p.m.

Racquet ball

A doubles racquetball tournament will be held on November 27, 1976 (Saturday) at the Post Gym, Bldg. 63. Competition will be by single elimination. Starting time is 9 a.m. Entries are limited to the first sixteen teams to sign up at the Post Gym office or call 4120/5032. All active duty personnel assigned to the Presidio are eligible.

Start of youth basketball

On Nov., 29, 76 the Youth Basketball Program will officially get underway. Those youths who have not registered are urged to immediately sign up at Recreation Services, Bldg. 122, during duty hours. Registration fee is $2.00. Dependent children of Dept. of Army Civilians, who are employed on the Presidio, are invited to participate in this program. Participants must be in the age group of 9-16 years.

Intramural

League play between units is scheduled to begin on November 22 at the Post Gym, bldg. 63. Thirteen teams are divided into the Presidio and Ft. Scott leagues. Starting time is 6 p.m. for most games. Come and watch some games this season and support your unit or favorite team.

U.S. Government Printing Office, 1975 Jacket 690-081, Print Order No. 65

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PRESIDIO OF SAN FRANCISCO, CA 94129

Star Presidian

Volume 19, No. 46 | Presidio of San Francisco | Friday, December 3, 1976

Doctor's helpers

Editor's Note: Our sincere thanks to Sgt. Xavier Florez for permitting The Star Presidian to witness his examination and giving permission to print the following.

SFC Roland M. Taylor

"OK, now first I'm going to listen for normal bowel sounds. Now just relax and take a deep breath. Let it out slowly. Does this hurt? What about when I press here? Does this hurt? What about when I press here? Now tell me, what makes you think you have hepatitis?

"How long ago did you notice the change in the color of your urine? Do you have any loss of appetite? How long has this been going on? How long have your eyes been yellow? Are you running a fever? What other symptoms, if any, do you have? Have you been feeling tired and weak? OK, we are going to run a few tests on you. It shouldn't take more than an hour or so before receiving the results from the lab. We'll see what the tests show and then we'll know where to go from there."

Sick call

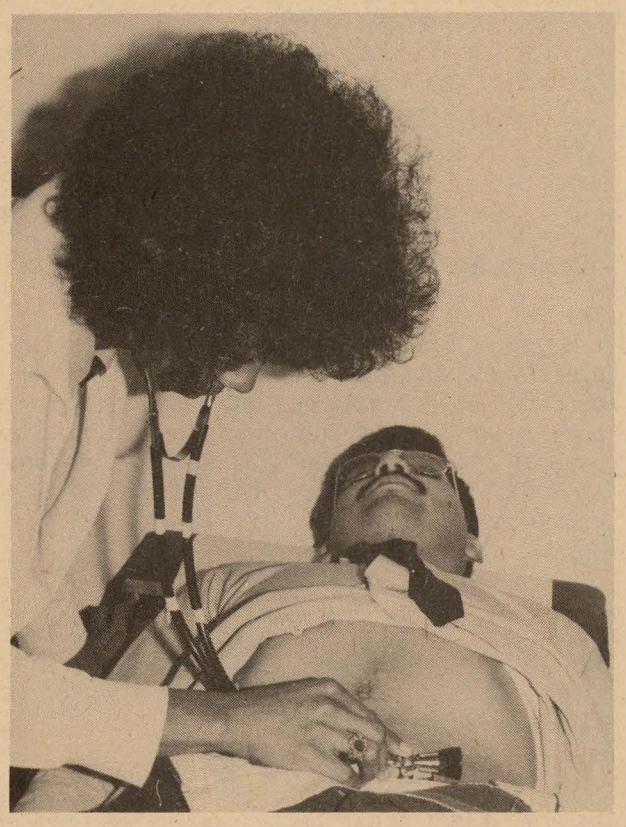
The above examination was conducted by SP6 Bennie J. Jet. She is assigned to Letterman Army Medical Center's Automated Military Outpatient System, better known as AMOSIST. She was doing a routine "work-up" on just one of the many patients she and four other AMOSIST's see five days a week.

The patient, Sgt. Xavier Florez, is home on leave from Germany. His unit had a recent outbreak of hepatitis and while many were tested for hepatitis, he was not due to a field exercise. Upon completion of the exercise, he immediately went on leave. Shortly after arrival at home in San Francisco, he began showing signs of what he thought were early symptoms of the disease and decided to get a check up. The lab results were positive and Sgt. Florez was immediately admitted to the hospital.

Dr. (LTC) Thomas J. Egan, Chief, Ambulatory Internal Medicine (AIM) Clinic is the man in charge and chief instructor of LAMC's AMOSIST program. The AMOSISTS take care of patients who have acute minor illnesses, such as colds, flu, gastroenteritis and others. They are minor things but on the other hand, for a healthy young soldier, these are exactly the sort of things they all get," said Dr. Egan. "That's what most of the active duty that come here to our clinic have, those kind of problems. And they are not very serious. They don't need a doctor to take care of them," he went on to say.

Critical shortage

Dr. Egan said the Medical Corps is very short of physicians. They have approximately one third the number of physicians they had four years ago. The Medical Corps has only four thousand people now and there used to be twelve thousand. So since there is basicly the same population to be served, a solution had to be devised in order to get around this shortage. Having one doctor and physician extenders (AMOSIST) was one of three major programs adopted to overcome this dilemma.



***Sgt. Xavier Florez undergoes examination* by Letterman's AMOSOST technician SP6 Bennie J. Jet.**
(U.S. Army Photo by Pfc. Jim Canfield)

Fool proof method

"Many of the sick-call patients are not very serious and they don't need a doctor to take care of them. Using flow sheets, these AMOSIST can take care of these problems. And they are fool proof! There is no way they can go wrong. They have been tried over and over again and the results have been analyzed by physicians. We have found that if they go along with the guidelines of these flow sheets, they can not make a mistake," Dr. Egan stated.

Dr. Egan started the AMOSIST program at LAMC about a year ago and this is his second group of technicians. "I was highly satisfied with the first group. And their replacements are terrific, there is no question about that," he said. The AMOSISTs even write out most of their prescriptions, using their flow sheets as guidelines, for the common illnesses.

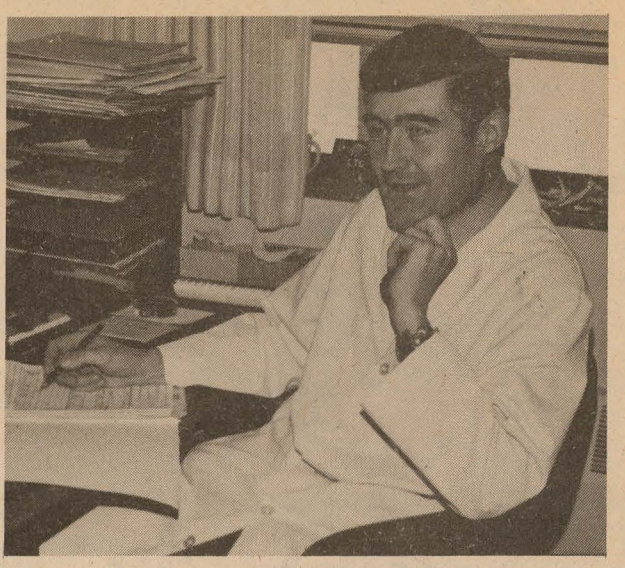
When asked about the type of feed-back from patients that have been treated by AMOSISTs, he said, "It's been excellent! In the one and one half years, we've only received one complaint." And he didn't consider it to be a valid one. Once in a while patients may request to see a doctor but he said it is rare to receive such a request. When they do, it is honored immediately. He feels that once the patients know the system they are very satisfied with it. They know that the AMOSISTs are getting their directions from the doctors, through the flow sheets. Dr. Egan or one of his staff members are constantly monitoring the clinical procedures and are readily available for advice.

With the growing success of the AMOSIST program, Dr. Egan predicts extended use of AMOSISTs to take care of younger dependents who do not have complicated diseases, in the future.

Patient feed-back

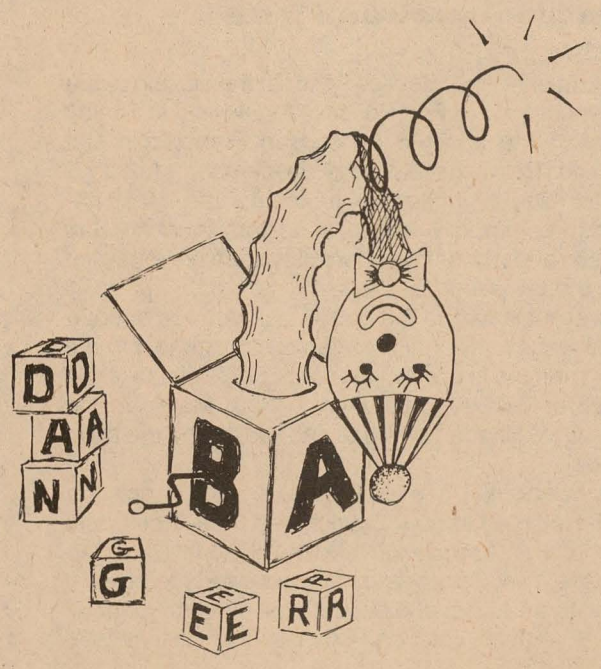
When asked how he felt being treated by a physician's assistant instead of an actual physician, Sgt. Florez, who knew nothing of this program, said, "Since they are here in a medical facility, I feel I can put myself in their hands because if they didn't know what they were doing, they wouldn't be here."

SP5 Gloria M. Ringer, SP5 Don Featherstone, SP6 Paul Sayles and SP6 Bob Brabook, are also volunteer AMOSISTs in the AIM Clinic. All of the enlisted personnel had previously worked, in some form or other, in the medical field. They all plan to continue their medical skills upon completion of military service. Each of the AMOSISTs feel they are contributing a worthwhile service to the military community and thus, have achieved a rare luxury, job satisfaction.



***Dr. (LTC) Thomas J. Egan,* Chief, Ambulatory Internal Medicine (AIM) and chief instructor of Letterman's AMOSIST program.**
(U.S. Army Photo by Pfc. Jim Canfield)

Toy Safety tips



With Christmas upon us, the time is ripe for holiday gift-buying. Here are some helpful hints in selecting childrens toys to insure a safe and happy holiday season:

Buy toys that suit the skills and abilities of the child. Avoid toys that are too complex for young children.

Look for labels that give age recommendations or safety information such as "not recommended for children under three" or "non-toxic" on toys likely to end up in little mouths.

Watch out for toys that have sharp edges, small parts or sharp points. Avoid toys that produce extremely loud noises that can damage hearing and propelled objects that can injure eyes.

Explain to the child how to use toys properly and safely.

Always try to supervise young children while they play.

Insist that children put their toys away so they do not get broken and so that no one else trips or falls on them.

Examine toys periodically. Repair broken toys and discard toys that cannot be fixed.

Have a safe and enjoyable Christmas and New Year.

News notes

Dial-A-Snack

The Presidio Cafeteria is offering a carry out service, Dial-A-Snack. The service will be open from 3 to 9 p.m. Monday through Friday; 8 a.m. - 4:30 p.m. Saturdays and 10 a.m. - 4 p.m. on Sundays. Party trays, cold beer, pizzas, hamburgers, French fries, milk, bread and cigarettes will be sold. To dial in your order, keep 561-2918 close to your phone.

Outdoor decorations

The only authorized outdoor decorative lighting for the Christmas season will be for a Christmas tree at a location to be designated by the Installation Commander. All exterior displays in unit troop billet, family housing and all other areas will be nonelectric. Any exceptions to this policy must be approved by the Installation Commander.

Auditions

Auditions for "Fiddler on the Roof," one of the most popular and successful of all musicals, will be held at the Presidio Playhouse on Saturday and Sunday, December 4 and 5. Casting is open to anyone interested in appearing in the Presidio Players' entry in the 1977 nationwide FORSCOM Tournament of Musical Plays. "Lock Up Your Daughters," the Players' entry in the last Tournament, won third place nationwide and received five of the 10 Individual Performance and Technical Awards.

Appointments for audition times for "Fiddler" may be made by calling the Playhouse at 561-3992 from 1 through 5 p.m. Those auditioning should have one vocal selection prepared, and bring the sheet music. A pianist will be provided. One prepared acting scene, 2-4 minutes in length, should also be prepared.

If you do not have time to prepare an audition, make an appointment anyway and come sing "Happy Birthday" or "God Bless America" and read a scene from the "Fiddler" script. This large cast musical requires a wide variety of types and ages. "Fiddler" will open February 18 at the Playhouse. Rehearsals will not be held during the Christmas Season, from December 20 through January 2. Anyone wanting to audition who is not available on December 4 or 5 should call and make an appointment for another time.

PRESIDIO

FLU

NATIONAL INFLUENZA IMMUNIZATION PROGRAM

CLINIC

MAIN POST THEATRE bldg 99

MON THRU FRI FROM 0800-1600

date	group
30 NOV-10 DEC	HIGH RISK, persons over 60yrs or with a chronic illness
6 DEC-17 DEC	ALL OTHERS, dependents over 18 yrs, retired, and DOD civilians

• • •

FOR MORE INFO 561-4659

Christmas concert

The Post Chapel Choir will present their annual Christmas concert on December 5 in the Post Chapel at 7 p.m.

The musical program, with orchestra, will include Vivaldi's "Gloria," Holst's "Christmas Day," plus a selection of traditional Christmas music.

Soloists for the occasion will be Linda Robertson, soprano, and Jeannie Young, alto. The choir is under the direction of Mr. Richard Grant.

Admission to the concert is free and will be open to the public.

Children's day

Saturday, Dec. 4 is Children's Day at Creations Unlimited. There will be an origami demonstration, hand decorated Christmas cookies, and a table of gift items priced less than $2.00 to fit any child's budget. Located in Bldg. 911, Creations Unlimited is open 10-5 on Tuesdays, 10-2 on Fridays and the first and third Saturday of each month.

Women's club

On Thursday, December 9, the Letterman Women's Club will hold their monthly luncheon at the Presidio Officer's Club. The sherry hour is at 11 a.m. Lunch, consisting of the traditional Christmas meal of turkey and all the trimmings, will be served at 11:45. Hostesses for the luncheon are the Psychiatry and Interns Wives.

If you are a music lover you'll especially enjoy the "Musica Frivola," a young versatile ensemble consisting of voice, violin, and piano, presenting a special Christmas program of music. The group performs light classical works and show tunes, as well as popular songs. The members of the group are Elizabeth Donero, soprano; Mark Jordan, violinist; and Barbara Baum, pianist.

For reservations call Beverly Carpenter 561-2614 or 561-2700 in San Francisco and Beverly Chojnacki 453-6737 in Marin, by noon Tuesday, December 7.

Inner College program

The University of San Francisco offers an innovative Inner College Program leading to a Bachelor of Arts degree in Economics, Psychological Services, or Public Service. Of potential advantage to military personnel is the preparation of the Life Experience Portfolio, for which students may be awarded up to 98 units for prior education and experience. Orientations for interested military and civilian personnel will be conducted by the representatives from USF as follows: Dec. 7, 3:30 p.m., at the Letterman Education Center, Bldg. 1007, ext. 4030; and Dec. 9, 4:30 p.m., at the Ft. Scott Education Center, Bldg. 1216, ext. 2974.

Mexican-American Fiesta

The National Park Service will host the closing of the Bicentennial year at Fort Point National Historic Site by celebrating the anniversary of San Francisco's first Christmas. Set aside Saturday, December 11, 1 to 5 p.m., to join us in paying tribute to the Mexican-American community whose ancestors founded San Francisco and whose members play such an important part in the life of our City today.

This event is free to the public, and you are encouraged to wear traditional Mexican dress and join in the dancing and the festivities. To reach Fort Point take the Muni 28 or Golden Gate Transit (from Marin) to the Golden Gate Bridge Toll Plaza and walk down the hill to Fort Point.

This celebration is a joint effort of San Francisco's Bernal Heights-Mission District, the Fort Point and Army Museum Association, and the National Park Service in the Park Service's continuing efforts to present cultural, recreational and educational events. For additional information, call Fort Point National Historic Site, (415) 556-1693.

Ballet classes



Leslie Anne Hada **in her ballet recital of Bluebird**

Registration for January Ballet classes will take place on Mondays, Tuesdays, and Thursdays, 4-6 p.m., Dec. 6, 7, 9, 13, 14, and 16. Registration will be in bldg. 1390, located near the Ft. Scott Chapel and Bowling Center. Classes will begin Monday, Jan. 10, 1977. For further information, call Mrs. Piernik, 994-0681, from 12 to 2 p.m.

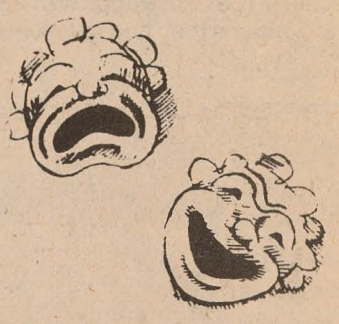
Movies

PRESIDIO THEATER

Friday, December 3, The Treasure of Matecumbe (G), 7 p.m.
Saturday, December 4, Special Matinee — The Treasure of Matecumbe (G), 2 p.m.
Saturday, December 4, The Treasure of Matecumbe (G), 7 p.m.
Sunday, December 5, The Gumball Rally (PG), 7 p.m.
Monday, December 6, The Gumball Rally (PG), 7 p.m.
Tuesday, December 7, Squirm (R), 7 p.m.
Wednesday, December 8, Lucky Lady (PG), 7 p.m.
Thursday, December 9, Las Vegas Lady (PG), 7 p.m.

SCHWARTZ/LETTERMAN

Friday, December 3, Jackson County Jail (R), 7 p.m.
Monday, December 6, The Food of the Gods (PG), 7 p.m.
Tuesday, December 7, The Drowning Pool (PG), 7 p.m.
Wednesday, December 8, The Gumball Rally (PG), 7 p.m.
Thursday, December 9, Squirm (R), 7 p.m.



Star Presidian

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Colonel Warren J. Lodge, commander
Major Michael J. Williams, public affairs officer
SP4 Rebecca Hall . . editor

All systems go and counting . . .

Grand opening

The grand opening of the NCO Club, located in the Log Cabin, will be Friday, Dec. 10. In commemeration of the opening, reduced prices will be in effect from 4 p.m. (opening) until closing, according to Donald Herington, Installation Club Manager.

The schedule of events for the evening include music for your dancing and listening pleasure, provided by the "Pepper" dance combo, from 9 p.m. until 1 a.m. and activities for all, including a membership card drawing for a special prize.

Letters of commitment

"Letters of commitment were sent out, and although we did not receive the response we would have liked to have from the E-5s through E-9s, there was sufficient response to go ahead with the opening," stated Command Sergeant Major James Hodges, Jr. "The letters of commitment were for six months. At the end of this six months, if we aren't operating a club above water, then the Log Cabin will probably turn into a mess hall, or an officer's club, or a recreation center or something, because the club system is finished, 100 percent, if the support is not there. There won't be any more two or three months later we're going to open a club, or any more letters. It's just that simple.

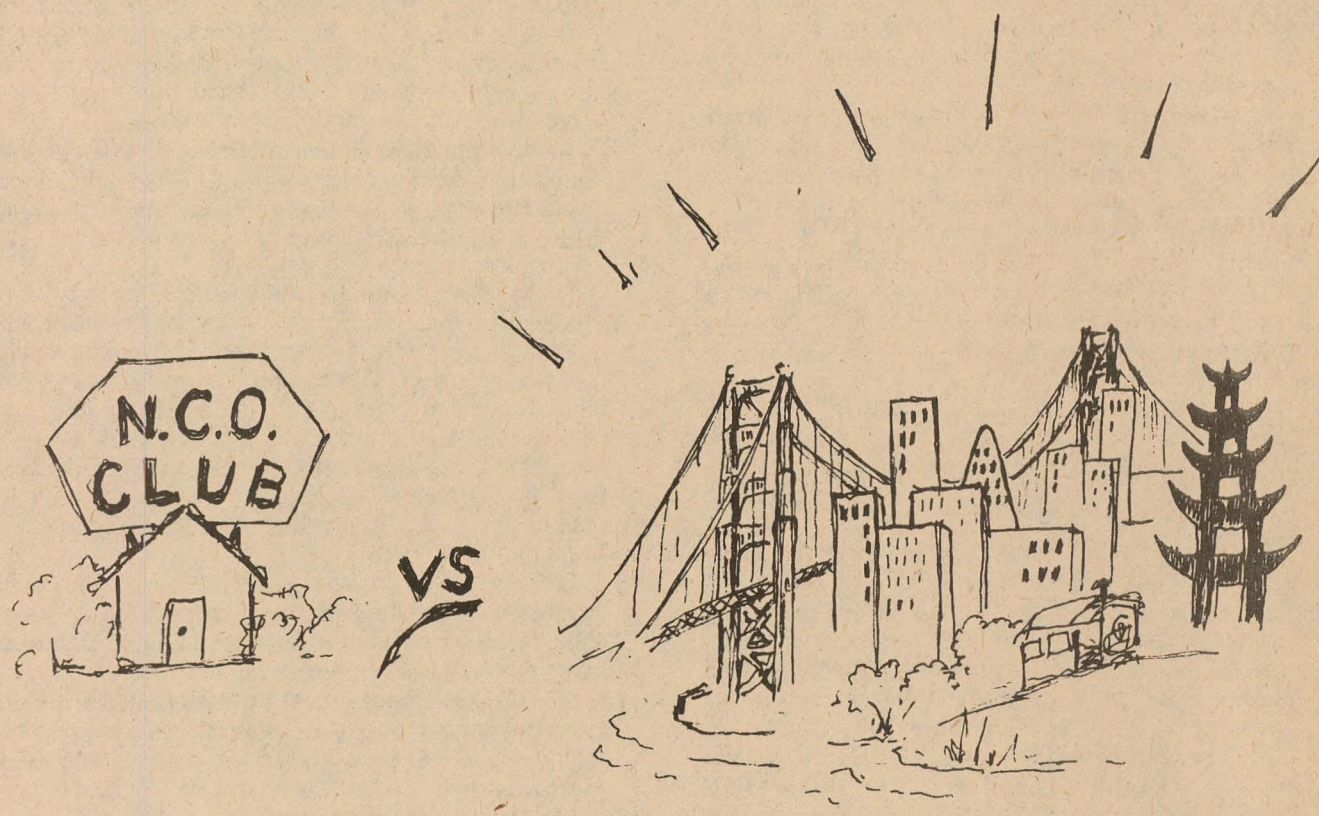
"I personally think we have done everything possible to encourage people to have a club. But, you cannot operate a club on a nucleus of 25 or 30 regular customers," commented CSM Hodges.

Lower grade activities

Although only the NCO Club will be opening, due to a lack of commitments for the E-1 through E-4 club, there are activities designed for the lower enlisted person, too.

"Now, let me digress to the lower grades. They're more important to me than the E-5s or E-9s because that E-5 or E-9 can afford some of the activities in San Francisco. We aren't that disillusioned or discouraged about not opening an enlisted, E-1 through E-4 club, because of the type of program we've got now at the Recreation Center.

"Monday is sports night, with the big screen. Now, some people are going to say 'Football season will be over in January.' Well, we're going to have other seasons and other uses for the big screen.



"Wednesday night we have the Disco. The last few weeks a bar has been opened, so now drinks are available. If the participation continues, so will the service. Friday, the Recreation Center has a band, and the bar is set up again. Tuesdays, Thursdays and Sundays, the Recreation Center has all kinds of programs going on.

"Theoretically, the lower grades have a club without paying any dues," stated CSM Hodges.

Club policies

Membership cards are required for admittance to the Log Cabin and they are on sale during all hours of operation. Those people who are eligible for membership will not be admitted as a guest of a member.

In case you're planning a party, rooms are available in building 135 (Recreation Center) for it. Reservations must be made in advance through the club manager. Call 561-4914 or 561-4934 for additional information.

A check cashing policy will be in effect. Members only are eligible to cash a $25.00 per day limit, but if their name appears on any returned check list this privilege will be revoked.

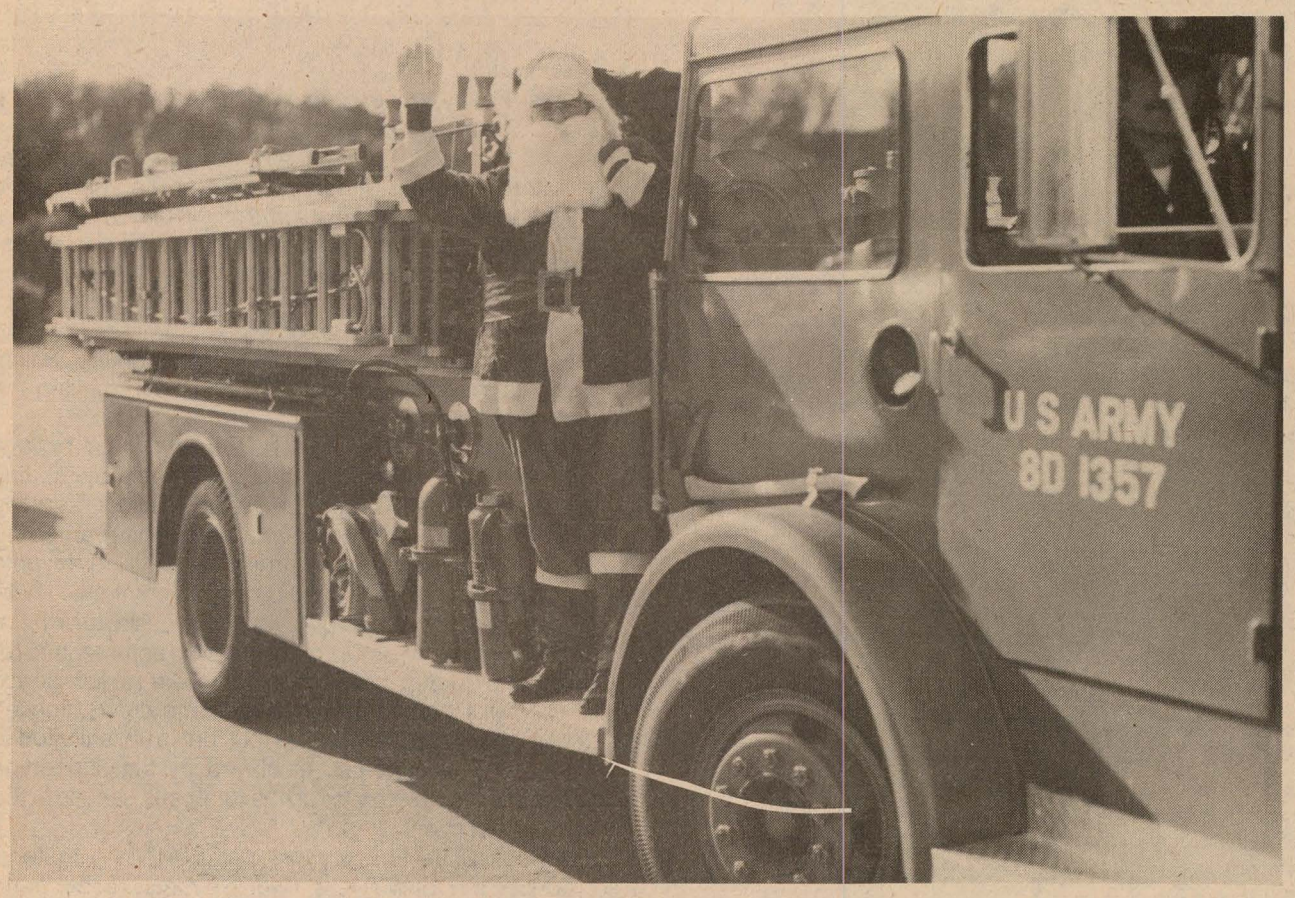
Casual dress, in good taste, is acceptable for the club at all times unless a change is published or announced. All E-5s through E-9s and hard-stripe corporals are eligible for membership to the club, as well as DA civilians, GS 1-6, and retired military.

Calendar of events

On the calendar of events, a Gala New Years Eve Party is scheduled for you and yours. Tickets are priced at $7.00 per person, or $12.00 per couple and include a steak dinner, party favors and a split of champagne. Tickets go on sale Dec. 15 and are limited, so make your reservations early.

"I have a very good feeling about the success of the club, at this point," added CSM Hodges.

Here comes Santa Claus . . .



The Jolly Ole Gent **from the North hitches a ride onto the Presidio via a fire truck.**



"Tis better to give . . . "

The secret eye

A gathering of people and events under the watchful SP typewriter

By Eve S. Dropper

The week after turkey day and all's well . . . a few pounds heavier, perhaps. This Thanksgiving was really nice. I spent the day with a beautiful person and ate my fill of turkey, dressing, cranberry sauce, the works!!! It was really great.

Now, we're all back to the old grind . . . but Christmas is only 22 days away!!! Tinsel, and trees, and presents, and parties and love. Too bad it doesn't snow here. A white Christmas would really be neat.

I'm afraid I told a fib . . . or passed on some misinformation, really. The 16th BPO did not, repeat, DID NOT get a TV. Why? I really don't know, cause they were supposed to get one, but maybe if they're good, Santa will leave one for them. You can keep your fingers crossed anyway.

Not only does the BPO not have a TV, they don't have any heat in the barracks either. They didn't last weekend, anyway. Heard it got awfully cold in there. Glad I didn't have to stay in the igloo. But, maybe things will heat up soon.

A survey is being done at the military mail terminal, and other members of the BPO will be delivering mail by hand, so things at the office will be busy for the few people left. Now for a pat on the back. The BPO beat the 864th in the first basketball game of their season. Good work, BPO. AWWW, too bad, 864th. (Can you tell I don't really have any favorites???)

New people to the BPO are SP4 Carol Mullins, from Germany and that's all. Leaving the BPO are PFC Ricky Weaver and PFC Jackie Dawkins. Randy Fifefield and Myrna Osuna are completing NCO Academy. Hope you done good.

Now's the time for office Christmas parties, too. Never in my life have I been to one. Are they really like they show them in the movies??? The BPO is having theirs around the 17th, and they'll be drawing names for presents, just like we did in high school. Nostalgia . . .

Running in the cross-country race for the BPO are SP4 Douglas Kelly, Sgt. Joe Diaz, and Lt. Monte Mingus. My vote's on the Lieutenant. Good luck to all of you, though.

All types of projects are being worked on by the 864th Engineers. They're working on an enclosure for part of the commissary, demolishing bldgs. 938 and 948, building a grease rack for the 504th motor pool, building a loading dock at bldg. 1243 and they're landscaping at McClaren Park for a driving and putting range, and deepening a lake at the US Coast Guard Center near Petaluma. Work, work, work.

Meanwhile, back at the ranch . . . SP5 Jerry Lankford arrived from Germany while SP5 Robert Cranetti and SSgt. George Gendron go to Germany. (Sorry to see you go, Sgt. Gendron.)

The MPs are practicing again. The 170th was out in the field the beginning of this week, at Ft. Baker, for practice for their FTX. It's supposed to have been really realistic, setting up POW camps and that. Sounds like a lot of work!!! But, good training doesn't come easy . . . Sgt. Donald Van Gorder and Sgt. Thomas Taggart have both ETSed. Sorry to see you go . . . especially Sgt. Taggart, cause those were some nice pictures you took for the paper. A little help from friends comes in awful handy at times . . .

The 402nd MP Co. beat LAMC!!! In fact, you could say they creamed them! Score of 75 to 29!!! Must have some awfully good, tall fellows around there. It's good to know basketball is not a dying art!

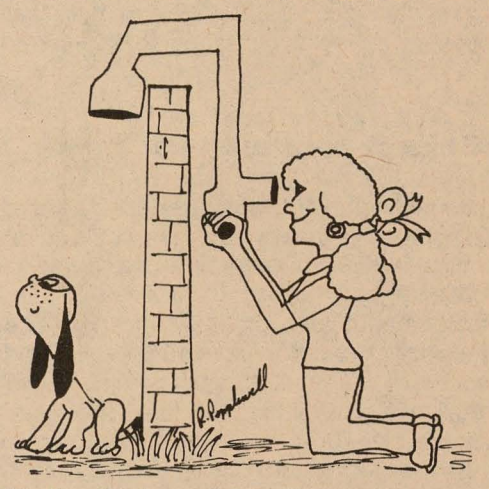
SP4 Michael Jacobs, SP4 Edward Cerda and Sgt. Harold Williams have all ETSed from the Army and the 402nd. Hope you enjoy civilian life, fellows. And, SP4 Mary Harney ETSed and received an ARCOM on the same day. Nice going, Mary!

Not only are the 402nd MPs good in basketball, but it seems some of them are interested in learning new trades. SSgt. Dennis Cottone is attending the Army Club Management School, then he'll be off to a Club Post somewhere in the country of Italy. SSgt. Dan Safholm and SSgt. Clifton Cooley are attending Recruiting School at Ft. Benjamin Harrison, Ind. I'm sure you fellows will have an enjoyable time!

SSgt. Lyle McKenzie is off on a recon mission to Ft. Lewis, checking things out. Hope you don't get rained in . . . and the 227th is still giving swine flu shots. Anybody hear anything definite on those possible cases in Missouri???

LTC Ronald Thompson, Chief of Recruiting and Retention, will be returning to civilian life after four years of ADT. Sixth Army will miss you, sir.

SFC Allan Winston and SFC Jon Olivetti have been assigned to the Recruiting and Retention office for two years ADT. (What's ADT???) LTC Jerry Adcock and LTC Bruce Mahr of the IG, were promoted to their present rank recently. Congrats, sirs. I suppose a promotion is really nice and gets even nicer the higher up the ladder you climb! A new member to DCST is LTC Kenneth Openchowski who came from Ft. Leavenworth, Kansas. Nice to have ya here, sir.



MSG Jim Clark, of DCSRM, was promoted! Yeh! When people get promoted it really makes me happy for them. Course, if it would finally happen to me, it'd make me even happier . . . And Col. Joseph Kurata, DCSOPS, and SGM John Randle, Chaplain's Office, have both retired. Col. Kurata had 28 years and SGM Randle had 20. I do hope both of your retired careers will be full and wonderful.

Well, rambling on, I'll ramble this paper to a close. Have a nice weekend. Take 'n take 'n keep on whatevering. I will. And we love ya.

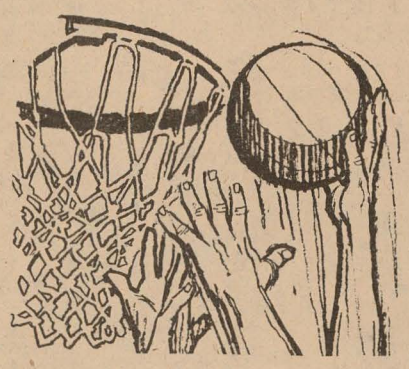
S·P·O·R·T·S

YMCA ski trip

The Central YMCA is planning a Young Adult (over 18) ski trip, for a maximum of 12 people, the weekend of December 10-12 at Lake Tahoe. Food, transportation, and lodging (private cabin) are included in the cost. If there isn't enough snow to ski on, the other activities of South Shore Tahoe can be enjoyed. For more information call the Central Y at 885-0460.

Golf turkey shoot

The Recreation Services Division, Sports Branch Gold "Turkey Shoot" was held at the Presidio Golf Club on Wednesday, November 17. The Callaway System was used for scoring. The winners in the Senior Division were: LTC Leonard Burdick, ARR IX: LTC Donald L. Naylor LAMC. They tied for first with 73's. Winners in the Open Division were: first Lt. Paul Mouritsen, LAMC 72: second LTC John Payne, LAMC 75.



Junior basketball

Opening of the Junior Basketball Leagues are now slated for December 6, instead of November 29. This change was necessary due to organization and permits all teams additional practices. Games will get underway for the Minor League at the Post Gym at 5 p.m. on Monday, Thursday, and Friday, and 1 p.m. on Saturday. Major Leagues games will be played at LAMC Gym, 5 p.m. on Monday, Wednesday, Thursday, and Friday. Those youths who have not registered and desire to do so, may still register at Recreation Services, Bldg 122, during duty hours. Participants must be between 9-16 years of age.

Rec Center happenings

This is the last announcement for Saturday, Dec. 11th. The Presidio Recreation Center is going to have a **Big Dance featuring the "West Bay Funk Co."** This band is coming to the Recreation Center in answer to the many requests for better bands. If you support this dance, there will be even better bands in the future. So plan to be there this Saturday. There will be a $1.00 admission and the Club system will have the bar open. Also, on Monday, it's **Belly Dancing** and **Chess lessons;** Tuesdays, **Game Room Tournaments;** Wednesdays, dance to the sensational sounds of the big, **Webb's Disco Dance; Fridays, Prince Room Tourneys** for the card players; and on Thursdays at 7:30 p.m. for everyone who wants to learn how to play the game better or even just to watch a real expert in action, it's **Pool Lessons** with Hank Nole providing the instruction. For more information on what's happening call ext 2000/5420 after 2 p.m.

Notes from the kegboard

A $1.00 entry fee returned a 20 pound plus turkey in time for Thanksgiving to 32 bowlers in the Post Bowling Center Thanksgiving Turkey Shoot.

Strikes in the third, sixth and ninth frames of any one game in a three game series provided local keglers with the big birds.

The Christmas Turkey Shoot is now underway and will continue for the next two weeks. Entry forms are available at the Bowling Center.

Moonlight bowling is the latest at the Post Bowling Center. Beginning at 8:30 p.m., every Sunday, the after hours gutter-baller can win everything from free games to $25.00 in cold hard cash.

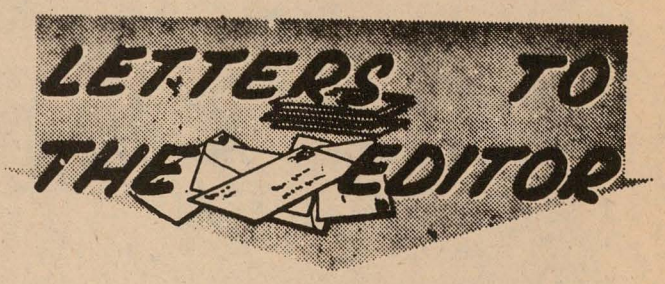
We don't know what fills out the everything in between or what constitutes a winner so we suggest you check with the center the next Sunday night you're there.

Major Ariel Hoisager will be going to the State Tourney of the Bowler's Victory Legion (BVL) as a result of the 595 winning series he put together in local competition in the "B" Division.

Retired Major Doug Schuster, 3rd VP of the San Francisco Bowling Association won the "A" Division tournament held at the Marina Bowl last Sunday night.

THE HOT L BALTIMORE

"The Hot L Baltimore," the multiple prize-winning play by Lanford Wilson, is now playing on Fridays and Saturdays at 8 p.m. and Sundays at 7 p.m., through December 12, at the Presidio Playhouse. Tickets for this Presidio Players' production are $2.00 and seating is on a first-come-first-seated basis. The Playhouse Box Office is open from 1 through 5 p.m., except Sundays, and 30 minutes before the performances. "The Hot L Baltimore" is recommended for mature audiences. The language and subject matter are adult in nature.



Dear Editor:

Last Friday, my ever-lovin' and I went to see Hot L Baltimore, the first production by the Presidio Playhouse since we arrived here. To say we were disappointed would rank as the understatement of the year. Hot L Baltimore is the most vulgar and stupid play imaginable, and, search as I might, I could not find one socially redeeming aspect to the play. To my way of thinking, it was totally indecent.

To give credit where credit is due, however, I have to say that there were several fine performances, which, good as they were, accomplished little in making the evening worthwhile.

Millie is a delightful lady who lives in a make-believe world which was made almost believeable by the fine efforts of Susan Chapman. Ralph White effectively played the role of an old man who feels he has earned the right to be cantankerous by virtue of age. And my favorite part was that of Girl, played by Jean Donatto. Girl bubbled with energy and an overwhelming desire to be helpful to everyone. Miss Donatto has to be commended for her efforts to keep that difficult part moving at full speed.

The folks behind the scenes, stage crews, lighting crews, promptors, and others, put forth a valiant effort to no avail. The expertise displayed by the supporting crews was completely lost in the total uselessness of the entire production.

If Hot L Baltimore is representative of the material produced by Donald Hess, I would strongly recommend we close the Playhouse before we subject ourselves to any more of his trash.

Name withheld upon request

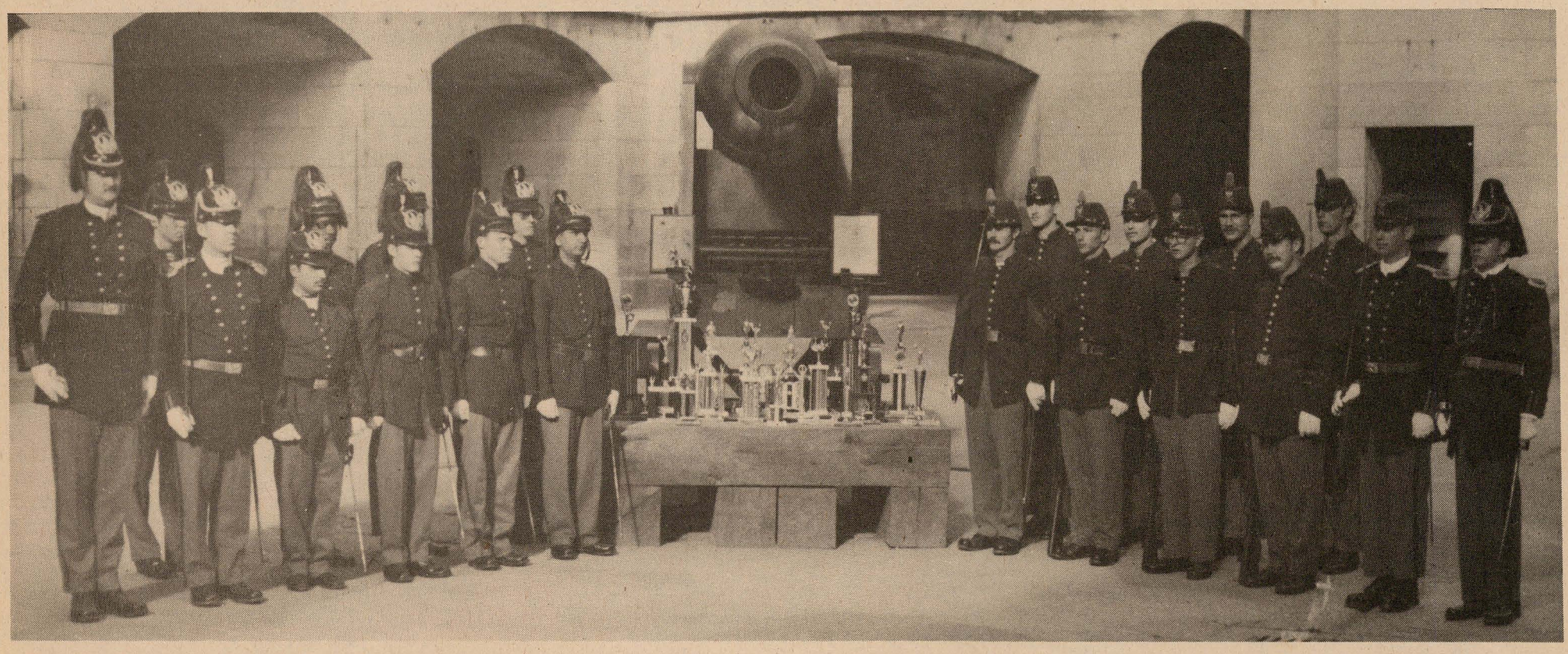
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Star Presidian

Volume 19, No. 47 | Presidio of San Francisco | Friday, December 10, 1976

The last hurrah . . .



Members of the light artillery **(left) and the heavy artillery units of the Presidio Bicentennial Unit will make their final public appearance, Saturday, at Fort Point, following their brief 16-month existence.**

(U.S. Army Photo by SP5 Jack Sampson)

PSF's Bicentennial finale

by SFC Ron Renouf

The Presidio Bicentennial Unit will make its final public appearance in support of the Fort Point Second Annual Mexican-American Christmas Fiesta and Posada Saturday when the last event of the day, a formal military retreat, becomes the final event for the unit.

Dressed in precise duplicates of the 4th Artillery uniform worn at the Presidio for the 1876 Centennial celebration, even their order of drill and ceremony is a faithful reproduction of that used 100-years ago; it's based on "Upton's Tactics," an 1870 manual written by former Presidio Commander Colonel Emery Upton.

Award winning unit

This historical unit has participated in nearly 40 parades during the last 16-months, winning a total of 27 first and second place awards.

Trophies from throughout Northern California fill two large and conspicuously placed display cases at the Presidio Headquarters. They include first place trophies for both the best marching unit and color guard in the 1975 San Francisco Columbus Day Parade; the 1975 Alameda County Veteran's Day Parade; the 1975 San San Francisco Veteran's Day Parade; and the 1976 Daly City Bicentennial Parade.

The unit is composed of two separate batteries, the light battery with the color guard, and the heavy artillerymen. Both have made appearances at numerous other events besides parades, winning accolades throuhgout the area.

Dress uniforms and weapons

The weapons and uniforms of the unit are particularly colorful besides being historically accurate. These "old soldiers" are armed with antique .45-70 Springfield rifles and sabers.

The soldiers assigned to the light battery of the unit are outfitted in full dress of light blue trousers and coat with red piping and trim on the coat. They also wear the ornate plumed dress helmet with cords, after the fashion of Europe a century ago.

The heavy artillerymen, whose duty it was to man the siege and coastal guns, are also dressed in blue with red trim, but use a small short-brim cap, called a "shako."

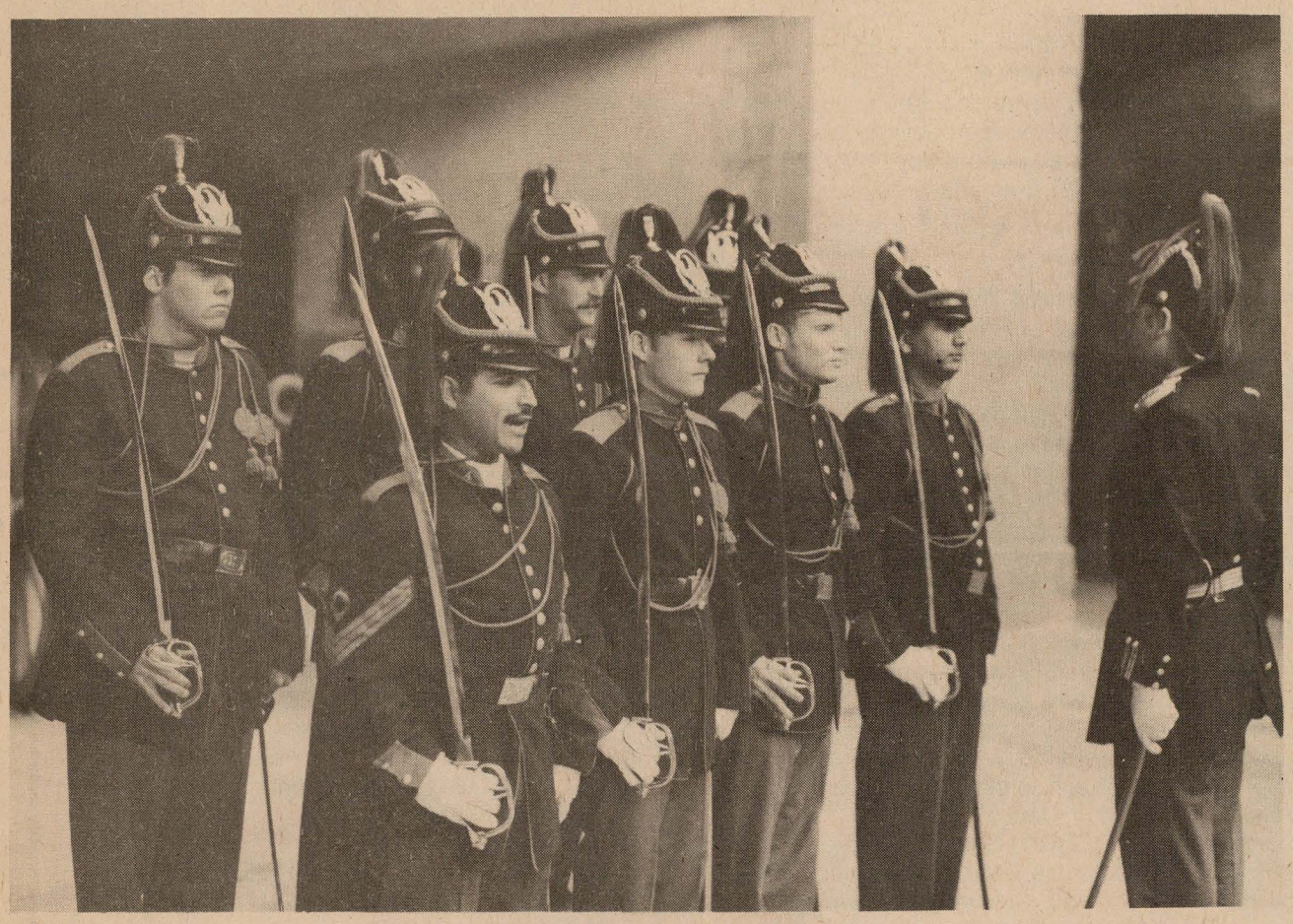
Nationwide appearance

In their initial appearance, the unit performed at a Retreat Ceremony during the 200th Army Birthday celebration at the Presidio in 1975 and in one of their last major appearances, the color guard performed before a nationwide television audience during coverage of a Multi-Nation, All-Service Military Review at the Presidio, July 4, 1976.

Fort Point activities

The days activities at Fort Point, sponsored by the National Park Service, will start at 1 p.m. with Father Floyd Lotito, St. Anthony's Dining Room recalling San Francisco's first Christmas.

Throughout the afternoon, a Mariachi Band, Mexican Folklore and Ballet, presentation of Las Posadas and Pinatas will all combine to provide plenty of entertainment before the Presidio Bicentennial Unit presides over the lowering of our Nation's Colors for the final time.



Members of the light artillery unit **of the Presidio Bicentennial Unit stand ceremonial inspection prior to performing at Fort Point.**

(U.S. Army Photo by SP5 Jack Sampson)

FORSCOM Commander pays visit to Presidio

A visit to the Presidio of San Francisco is planned by General Frederick J. Kroesen for December 15. General Kroesen will be here for his initial command visit.

General Kroesen was the last commander of the 23rd Infantry Division (Americal), in Vietnam and he personally returned the Division Colors to the U.S. for inactivation in December 1971. His last command, before assuming command of the US Army Forces Command (FORSCOM), Ft. McPherson, GA on October, 1976, was the VII Corps in Germany.

News notes

The Star Presidian wants to remind its readers that Friday, December 24 and Friday, December 31 will be observed as holidays since Christmas and New Year's Day fall on Saturdays.

Our staff is joined by the entire staff of the Public Affairs Office in wishing each and everyone a most joyous Christmas and a prosperous New Year.

USO - Deck The Halls

Join with us at San Francisco USO for Yuletide festivities all during the month of December.

"Deck the Halls With Bells of Holly . . . ." Help us not only decorate our Christmas Tree on Friday, December 10, but go out with us and select it. We have beautiful old-fashioned ornaments, strings of lights, tinsel, icicles — just waiting to be put on. There will be pop corn and apple cider. Come early, and share this warm tree trimming afternoon and evening with us — just like you were in your own home. A dance will follow at 7:30 p.m. That's at San Francisco USO, 1019 Market, between 6th & 7th Sts., 621-0630.

Rec Center happenings

Don't forget the Big Dance for the month at the Recreation Center is coming up on the 11th and they are featuring the West Bay Funk Company playing the best in top 40 popular music. This is the best band to play at the Recreation Center in years and if you come out and support it there will be more and better bands in the future. Don't forget, $1.00 admission for an evening of good dancing or just listening. The NCO Club will be there to cater your refreshment needs.

With the approach of the Christmas season, a lot of folks have been no doubt wondering how to keep the gift you bought from being discovered by it's intended recipient. Well, the folks down at ye olde Recreation Center anticipated that and have lots of gift wrapping paper, ribbons, tags, etc. so you can wrap your present and won't have to shell out any of your hard earned cash to have some gift wrapping service do it for you. Not only that, but on the Recreation Center Staff are a couple of expert gift wrap persons who can show you how to do a good job. You have to do it, but they will show you how. They might even have a box for you to put your gift in. You can go to wrap your gift any day of the week from 2 until 10 p.m. For information on anything about the Recreation Center, call ext 2000/5420 after 2 p.m.

Free ammunition turn-in

There will be a special, free ammunition turn-in, NO QUESTIONS ASKED, held at the Central Magazine Facility, Ammunition Supply Point, Bldg 1470/1471, Central Magazine Rd, Presidio, between 1-3 p.m. on December 14 and 15. Unit commanders and all individual military/civilian personnel at Presidio are encouraged to take advantage of this program by turning in any/all ammunition or ammunition residue (to include pyrotechnics, simulators, brass, ammo containers, gas cannisters, etc.) in their possession, on a special one-time basis, with no questions asked. This turn-in does not apply to accountable ammunition, issued by the Ammunition Supply Point, presently on hand at Presidio military units.

Nutcracker Ballet

The Nutcracker Ballet will be staged on December 13, 14 and 26 at the San Francisco Opera House, located at the corner of Van Ness and Grove. Orchestra seats are normally $7.50, but for this performance will be $5.00, with a special discount from the Rec Service.

The Nutcracker Ballet is a Christmas ballet about a small girl who falls asleep and dreams the toys come to life. This program is ideal entertainment for the entire family.

The ballet is scheduled to begin at 8 p.m. December 13 and 14 and 7 p.m. Sunday, December 26. For more information or reservations, contact the Information Tour and Travel Office, in the Recreation Center, Bldg. 135, between 9 a.m. and 6 p.m., Monday through Friday.

Band concert

The Sixth Army Band will present a Christmas Concert on Tuesday, December 14, at 7:30 p.m. at the Post Playhouse. Selections will include the "Nutcracker Suite" by Tchaikowsky, "Christmas Festival" by Leroy Anderson, and Russian Christmas Music by Alfred Reed.

The public is invited to the concert; admission is free.

Pre-Christmas dance

This gala affair, hosted by Recreation Services, will take place at the Teen Club, 8 p.m.-1 a.m., December 17. All dependent youths of active duty and retired military personnel are invited to attend. Prizes will be awarded to those lucky attendees and ample refreshments will be available. Music will be furnished by that scintillating band "Southern Comfort." For an evening of great fun, don't miss this affair!

Vet's insurance premiums

About 180,000 disabled veterans will have their Veterans Administration insurance premiums reduced Oct. 1, the VA announced recently.

Affected are policyholders who have service-connected disabilities and whose National Service Life Insurance policy numbers are prefixed with the letters "J" or "JR."

The VA said the premium decreases are prompted by excess interest income from the premiums. Unlike some other VA policies, there is no provision for an annual dividend.

Some 154,000 "J" policies will get reductions of about $32 per year. And 26,000 veterans with "JR" coverage will have their premiums decreased by about $81 annually.

The amounts of the new premiums will vary with age, plan and premium classifications.

Congress provided for a one-year reopening the NSLI program in 1965 for disabled veterans because of their difficulties in obtaining coverage from commercial companies. The law required that premiums be calculated on a non-divident basis and that the VA evaluate premium rates periodically.

This will be the first premium reduction for "JR" policies. Premiums on "J" policies were decreased in 1970.

Careers for Retired Military

Careers for Retired Military has ceased operations after more than nine years of serving retirees of all services and grades. The Board of Directors, at a special meeting late in September, dissolved the corporation because increased cost of operations exceeded the income.

In its nine years of service over 4,000 retirees were assisted in their job search efforts. In 1976, through October, three out of every four enrollees were able to find jobs.

Careers for Retired Military was incorporated under California law in July 1967 with an initial gift from Mr. Benjamin H. Swig. It was administered for the first year by Lt. Gen. James L. Richardson, newly retired Sixth Army Commander. Lt. Gen. William F. Train succeeded General Richardson and served for three years followed by Colonel Charles W. Davis.

Since June 1975, Colonel George W. Pickell has held the reins. On behalf of the Board and the many retirees who have been helped, Colonel Pickell would like to express gratitude to all those activities and individuals who lent their support to this effort.

Powder River Day Ball

On Friday, December 17, over 200 prominent members of the civilian and military communities will gather at San Francisco's Fairmont Hotel to celebrate the United States Bicentennial by attending the "Powder River Day" Ball. The gala event will be held in the Grand Ballroom and will feature dinner and dancing from 7 p.m. until midnight. The affair is sponsored by Northern California's largest Army Reserve organization, the 51st "Powder River" Training Division, commanded by Major General Edwin B. Taylor.

The 91st, also called "Wild West Division," motto "Powder River, Let 'er Buck!" stems from a river in Wyoming where many members of the division in the early days came from and was the World War I battle cry of the 91st.

The ball will feature many distinguished guests, fine entertainment by the Sixth United States Army Band and the 91st Division Bag Pipe Band, an excellent dinner by the Fairmont Hotel, and dancing to the orchestra of Bay Area favorite, Ray Hackett.

Special guest speaker will be Lieutenant General Edward M. Flanagan, Jr., commander of the Sixth United States Army, Presidio of San Francisco.

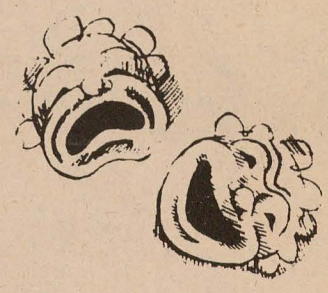
The ball will conclude the Bicentennial celebrations of the 91st Training Division.

Movies

PRESIDIO THEATER
FRIDAY, December 10, Hawmps (G), 7 p.m.

Friday, December 10, Hawmps (G), 2 p.m.
Saturday, December 11, Special Matinee—Hawmps (G), 2 p.m.
Saturday, December 11, Hawmps (G), 7 p.m.
Sunday, December 12, Special Delivery (PG), 7 p.m.
Monday, December 13, Special Delivery (PG), 7 p.m.
Tuesday, December 14, Rattlers (PG), 7 p.m.
Wednesday, December 15, Haunts (PG), 7 p.m.
Thursday, December 16, Mahogany (PG), 7 p.m.

SCHWARTZ/LETTERMAN
Friday, December 10, Lucky Lady (PG), 7 p.m.
Monday, December 13, Las Vegas Lady (PG), 7 p.m.
Tuesday, 1 December 14, Hawmps (G), 7 p.m.
Wednesday, December 15, Special Delivery (PG), 7 p.m.
Thursday, December 16, Rattlers (PG), 7 p.m.



Star Presidian

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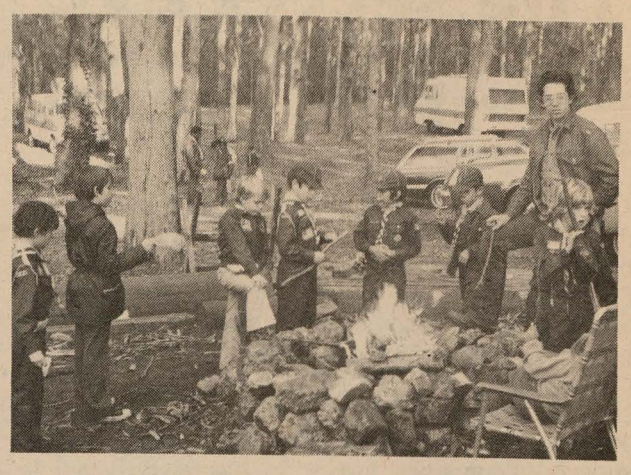
Colonel Warren J. Lodge, Commander
Major Michael J. Williams, Public Affairs Officer
SFC Roland M. Taylor, Editor
SP4 Rebecca S. Hall, Reporter

Cub Scouts take a walk



Cub Scouts, representing five of the Bay Area's districts **prepare to open the Presidio's Cub Scout Hiking Trail as Colonel John Hamilton, Deputy Post Commander and Roy DeLappe, Vice Chairman of Cubbing cut ribbon.**

(U.S. Army Photo by SP4 Val Braten)



A trail-end cook out signals the end **of a successful inaugural Cub Scout hiking trail at the Presidio.**

(U.S. Army Photo by SP4 Val Braten)

Youngsters initiate hiking trail

Last Saturday the Presidio gained another hiking trail, this one for the Cub Scout program. Ribbon-cutting ceremonies were held in the parking lot in front of the gymnasium, where a boy from each of the five districts (Serra, Golden Gate, El Camino, Mission Peak and South District) participating stepped across the line at the same time, signaling the opening of the trail.

Approximately 215 youngsters and adults took part in the ceremonies and later, walked the trail.

A special color guard from Troop 97 presented the colors to the accompaniment of Troop 90's Saint Peters Pipers. Ushers and escorts were provided by Troop III.

Colonel John Hamilton, Deputy Post Commander gave the welcoming address. Mr. Roy DeLappe, Vice Chairman of cubbing was the Master of Ceremonies, with Nick Stamos, Council Executive, in attendance.

Instrumental in setting up the trail were Rich Boyer, Cubmaster of Presidio, Jay Richardson, Presidio Trail Supervisor and Roy DeLappe.

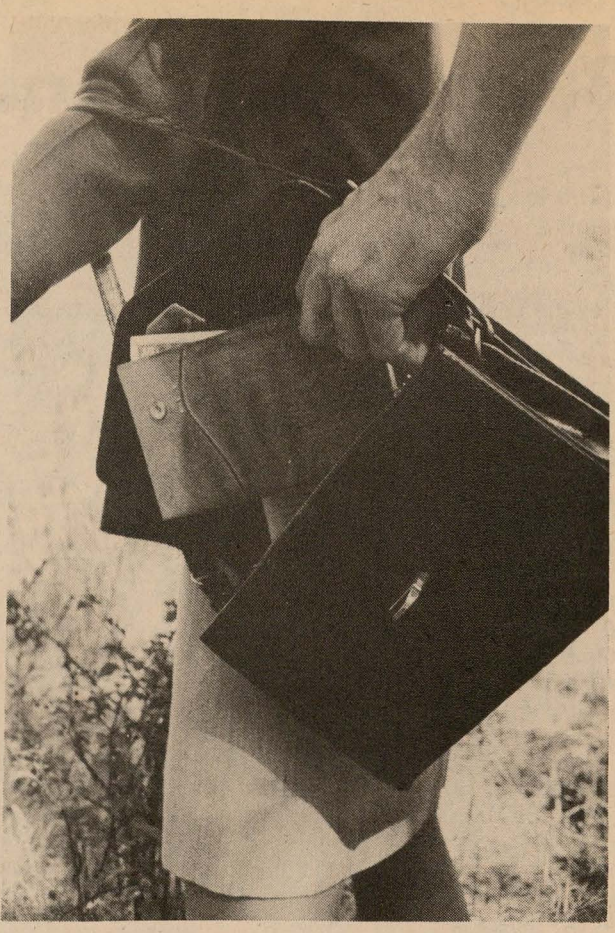
The Cubs hiked the trail in approximately two and one half hours and each received a patch and scroll, signifying their being the first to walk the trail.

PSF's holiday shoppers



Tremendous turn-out of Presidio Exchange patrons **took place last Saturday. The sale, listed as a Christmas Holiday Bonus Sale, included the service stations and concessions in the reduction of prices. Exchange manager, Donald McAllister, wants to remind the military community they have only 14 more shopping days.**

(U.S. Army Photo by SSG Randy Butehorn)



Don't give the criminal a helping hand

MIL PERCEN chief addresses NCOs

Last week Major General Robert G. Gard, Jr., Commanding General, MILPERCEN visited the Presidio where he met with the officers and NCOs.

Informing his audience he was the one responsible for their assignments, promotions and, in many cases, frustrations. He offered to give answers to their many unanswered questions. He immediately established a friendly and relaxed atmosphere.

First, he outlined the system by which he must assign personnel to authorized slots and yet remain within the Department of the Army's budget and the ever increasing problem of grade shortages worldwide.

Second, he spoke of the retraining and reclassification of personnel from support activities into the combat arms field, involuntarily.

MG Gard, a dynamic and personable individual, then entertained many questions from the audience. He acknowledged the fact MILPERCEN is experiencing many problems and that it should be expected, considering the volume of records they process. He solicited the cooperation and assistance of the women and men in aiding him and his staff in eliminating unnecessary paperwork and outdated personnel procedures.

The secret eye

A gathering of people and events under the watchful SP typewriter

By Eve S. Dropper

It's really getting to feel like Christmas. Been downtown lately? Decorations are up, and people are busy doing their shopping. Plus, it's really getting cold. Funny, I'd grown with the mistaken belief that it was always warm in California. Sunny and all that. But, I'm glad it's cooling off. Even in the South it gets cold for Christmas.

The Superintendent of the Presidio Golf Course, John J. Buckley, was given an award for sustained superior performance. In fact, the award consisted of $250 big ones. Nice! Course, it would be even nicer if someone noticed all of our superior performances . . .

The BOQ Billeting Officer is retiring this month. Mr. Hadley Mars, after being with the Presidio for 10 years, is leaving the ranks of the working class and joining those who've done their fair share. Of course, Mr. Mars has plans for his retirement. He's planning on taking a long vacation, doing some traveling, and he says he'll decide when he returns what to do next. Hop you enjoy your travels.

We've got a marine on post!!! Sgt. William Bousek II is doing his reserve training in Small Arms Repair here. This is make-up training for the time he missed with his regular unit cause his wife had a baby. Congrats on that, Sarge.

The 504th got a new Personnel Services NCO. SFC John Schorr took over these responsibilities after leaving Bldg. 220. Hope you like the new duties. And the 170th has gotten in several new troops. Pvt. Samuel Jenkins, PFC Phillip Walter both came from AIT at McClellan, Sgt. Sidney Etiennes came from Germany, and SP4 James Kardeke joined the MPs, too.

The 402nd stayed on post this week pulling white hat duty. The only newly arrived there is SFC Nathan Smith, from Okinawa. Glad to be back in the good ole States???

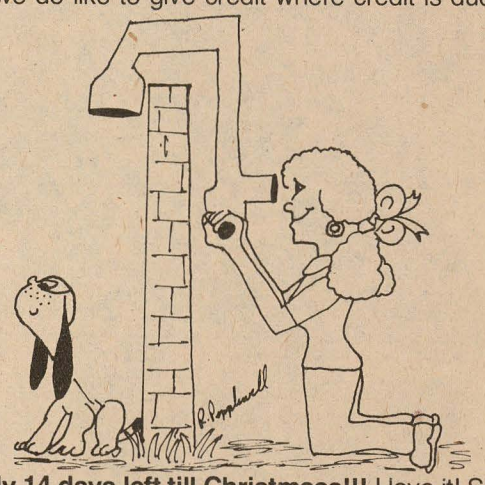
The Swine Flu program goes on. Now the 227th is involved in immunizing the retirees and dependents. Seems like they've gotten more response from them than they did from the active duty soldiers. For shame, troops. And SP5 Gilbert Gonzales has returned from TDY to Ft. Sam Houston where he took the Military Pesticide Management Course. Think how much more interesting that course might be if you changed the title to Military Pest Management Course . . .

Western Region Recruiting had SP5 Tony Horton re-up for three years. Nice to know another good man has stayed in . . . Col. James Chandler, Chief of Staff for WRR, has retired. Sorry to see you go, sir.

Now, I have a request. SP5 Reggie Mason would like for anyone who's interested in playing basketball, and their unit isn't large enough to have a team of it's own, to give him a call. What he's trying to do is give everybody who wants to play an opportunity to be on a team. So, give him a call at 7363.

The BPO got their TV!!! Yeh! Santa came early, so now the guys can watch all those smashing football games. Just think how lucky they really are. They missed all the games working up to the biggies, and now they can watch the ones that **really** count. The troops from the BPO wanted to thank the Post Sergeant Major and everyone involved in getting their new toy. They really appreciate it.

Last week we printed a story about the NCO Club (don't forget the Grand Opening!!) and we had some art work with it. Well, Captain Frank Noto (or is it Moto, sir???) from the Public Information Office, came up with the idea for the art work. Sorry no credit was given, sir. And we do like to give credit where credit is due . . .



Only 14 days left till Christmas!!! I love it! So, be careful, take things easy, take 'n take 'n keep on whatevering. This is the season for it! I will!!!

S·P·O·R·T·S

Cross-country race results

In the recent Post Cross-country Race, November 30, SP4 Gerry Garcia, USAG run was outstanding considering the toughness of the course. This course is half uphill and half downhill. The biggest field ever enjoyed ideal conditions of a firm surface, nice, cool weather and beautiful scenery of our post to run this cross-country course. Garcia set a course record by over two and one-half minutes. In fact, the first four runners broke the old course record. All enjoyed this run in nature's surroundings.

RESULTS: 5,000 meters (3.1 miles), hilly course
OPEN (29 years and under)
Gerry Garcia, USAG, time: 17:10 (course record)
Ragnar Thaning, LAIR, time: 18:53
Jim Moore, LAIR, time: 19:08
Charles Hubay, Ref. Lab., time: 19:35
VET (30 years and older)
Alan Swartz, WRRC, time: 20:35
Paul Gatens, LAMC, time: 20:53
Robert Bleck, LAMC, time: 21:29

Basketball standings, results

The following are the results and standings of intramural basketball for the week of December 1-7, 1976.

STANDINGS

Presidio League	Won	Lost
USAG	4	0
LAIR	4	0
402nd MP Co	2	1
AFPD	2	3
LAMC #1	1	2
170th MP Co	1	3
LAMC #2	0	5

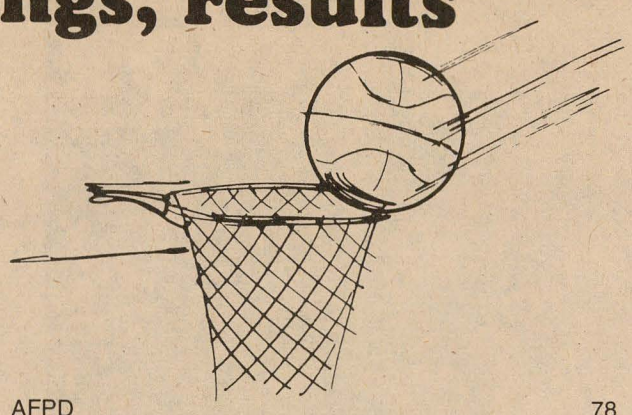
Ft. Scott League	Won	Lost
666th Rad. Sq.	4	0
6th Army	2	1
504th MP Bn	2	1
16th BPO	2	2
WRRC	1	3
864th Engr.	0	4

RESULTS

December 1, 1976
170th MP Co. 45
LAMC #2 43
Late rally by LAMC #2 almost pulled out a win. Crews (LAMC #2) 14 pts.
16th BPO 70
WRRC 48
16th BPO out-manned WRRC who had only five players and no subs.

December 2, 1976
LAIR 59
402d MP Co. 47
A balanced LAIR squad looms as a league favorite. 402d MP Co. got into trouble as their center Ukkard fouled out.
666th Rad. Sq. 67
864th Engrs 42
Undefeated team was led by hot shooting of Love (30 pts) as they overwhelmed the Engineers.
LAMC #1 43
170th MP Co 38
A hustling LAMC #1 squad posted an easy win. Balanced play and spirit prevailed for the hospital crew.

December 3, 1976
6th Army 66
16th BPO 61
A close game as a balanced five (no subs) of 6th Army prevailed over a disorganized 16th BPO team.

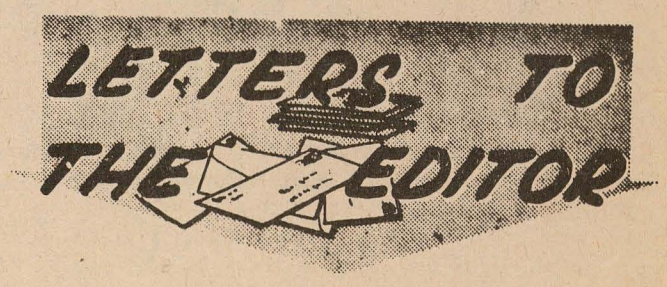


AFPD 78
LAMC #2 51
This high scoring team was led by Heise (21) and high leaper Campbell (25) who stuffed the ball in at will.

December 4, 1976
USAG 90
170th MP Co 59
Undefeated favorite USAG, played poorly yet scored 90 pts. League scoring leader Gagnon (USAG) scored 30 pts and fast breaking Byrd scored 26 pts. Clark led the MP's with 23 pts.

December 6, 1976
666th Radar Squadron 57
16th BPO 53
The team from Mt. Tam edged out a weak BPO team. A shut-out occurred as Love (666th Radar Squadron) and McClure (16th BPO) each scored 29 points for their team.
AFPD 57
LAMC #1 51
Strong rebounding team of AFPD staked out a close win. The score was tied at half-time, but AFPD pulled away the lead by Peterson's 10 points.
LAIR 46
LAMC #2 43
An improved LAMC #2 team barely lost this game. A low scoring defensive game and a late rally by LAMC #2 proved exciting.

December 7, 1976
USAG 67
AFPD 57
This was a rugged game. USAG had to struggle to win and stay undefeated. High-scoring Gagnon (USAG) swished 28 pts.
WRRC 62
864th Engrs. 60
WRRC won their first game of the season with a 62-60 win over 864th Engineers. WRRC was ahead by 12 points at half time but Rucker, of the Engineers, scored 13 pts. to lead his team to victory.



Dear Editor:

As a military wife you'd think I'd be used to being uprooted every three years or so, to leaving behind people and places I had grown to know and love and being sat down in a completely strange area . . . Well, I never get used to it. So, as a new arrival to Presidio, I sat in my house for several months knowing very few people and almost being afraid to venture out into that vast metropolis called San Francisco. After a while it really gets lonely not to mention boring.

At the invitation of a neighbor, I decided to attend a meeting of the NCO-EM Wives Club. I was a little leary about the club at first because of some past experiences with wives clubs, but I found the Presidio club to be an exception in several respects. The group of women I met there were warm, friendly and very anxious to welcome me to the community and the club. As the meeting closed we were discussing, over coffee, the atmosphere on the Presidio and the apathy that seems to exist here. Almost everyone said the same thing . . . "This post is unfriendly . . . I sat in my house for months and no one came to say hello . . ." These women were expressing what I had been experiencing since my arrival.

The main concern seemed to be why this attitude prevailed, why the post had no NCO Club and why the disinterest in the Wives Club which was being held together by a faithful handful. One thing we all agreed on is that the Presidio is different; a unique post set in an almost parklike atmosphere. It is submerged in history, past and present. It should be one of the favorite duty stations because of the outlying areas if nothing else. San Francisco offers numerous forms of entertainment, varied educational facilities, parks, sporting events and some of the finest shopping areas in the country. Then why the apathy? Why the coolness? Why the disinterest and unfriendliness? Maybe it is because the city overwhelms people with its vastness, its busy streets, its huge population, its growing crime rate. Maybe it is just because it is new and different.

These were but a few of the remarks made at the gab session. Some loved the area, some didn't, but all had found new friends and a sense of belonging in the community through the Wives Club — as I have.

Though our club is very small, which is nice in a way, we feel that we could offer much more to the people of our community if they would let us. We have all found that our community is what **we** make it . . We get out of it what we put into it. You have something you can share with us and with your community and we have something to offer you — FRIENDSHIP. If you don't know your next door neighbor, come to the Wives Club, you may meet her. You can't sit behind your doors and wait for the world to drop in to see you. Maybe people are waiting for you to make the first move toward friendship. Come join us for friendship, fun and for working toward a better community in which to live. Remember, people make up the community. It may seem unfriendly at first glance but if you give it a chance you might find as I did that the Presidio can be as friendly and as rewarding a place as you'd ever want to live.

Pat Williams

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Presidio Main Post Library
PRESIDIO OF SAN FRANCISCO, CA 94129



Seasons Wishes

Inside this issue:

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Christmas celebrations . . . . . pages 4 & 5
Children's Christmas menu . . . . . page 7

News notes

Children's Christmas Party

On Thursday, December 23, Recreation Services will host the Annual Children's Christmas Party. This year's event is considered to be outstanding and will certainly be enjoyed by all children. In addition to one hour of cartoons, Santa Claus, numerous gifts and plenty of refreshments, it will feature a very entertaining novelty ventriloquist act, Ken Carter and "Rocky." All children of active duty and retired military personnel 4-12 years of age, should be seated in the Post Theater by 9:55 a.m. Immediately following the cartoons, all children will walk to the Recreation Center, Bldg. 135, where the party will really get underway. This is a must for all children!

Cable car caroling

Want to go Cable Car Caroling on the streets of San Francisco? Then come to San Francisco USO, 1019 Market St., on Friday, December 17, at 6 p.m., for an evening of caroling on the cable car in San Francisco. Sign up now or call 621-0630 for more information.

T'is the night before Christmas and all through the San Francisco USO . . . service personnel will be gathering for an Open House amidst mistletoe. It begins at 7 p.m. on Friday, December 24th, at San Francisco USO, 1019 Market St., between 6th & 7th Sts. Refreshments and good cheer guaranteed. Call 621-0630 for more information.

Rec Center happenings

Don't forget the NCAA Sports on the Giant Screen TV, Saturday December 18, 2 p.m.

To see the Christmas Lights of San Francisco, join the big excursion on an authentic **Motorized Cable Car.** The tour leaves the Recreation Center at 7 p.m. and returns at 10 p.m. Join us, come sign up now, and wear something warm. Tuesday, December 21.

Come on over and check the latest dances out. Disco Dance 1time again with William Webb, Wednesday, December 22, 9 p.m. till midnight.

There is going to be a **Christmas Party,** December 25, 6 p.m. The party's for **you.** All personnel who are not taking leave for Christmas, bring a friend, **lot's of food and fun!** Come wrap your Christmas gifts here at the Recreation Center. **Free Christmas Gift Wrap** available. All at the Presidio Recreation Center, Bldg 135, 561-2000/5420. **Merry Christmas all from the Recreation Center staff.**

Christmas tree lights on

The Presidio Christmas Tree lights have been turned on for this year's holiday season. The tree is located next to the Presidio Fire Station.

Christmas Greetings

It is my sincere pleasure to extend Christmas greetings to all members of the United States Army Forces Command. This holy and commemorative season reminds us once again of man's desire for "peace on earth, good will to men," and of the profound meaning of the birth of the Christ child. May you and all members of your family have a joyous and a happy Christmas.

FREDERICK J. KROESEN
General, U.S. Army
Commanding

PSF's annual mixer

The Presidio Women's Club is once again sponsoring a Christmas College Mixer to be held on December 23, at the Presidio Recreation Center, from 8 p.m. until midnight. All military sons and daughters of college age are cordially invited to attend. Dress casually and enjoy an evening making new friendships or renewing old ones, while dancing to the lively music of the "Hot Ice." Refreshments will be served. For further information call 561-2729.

PSF's club schedules

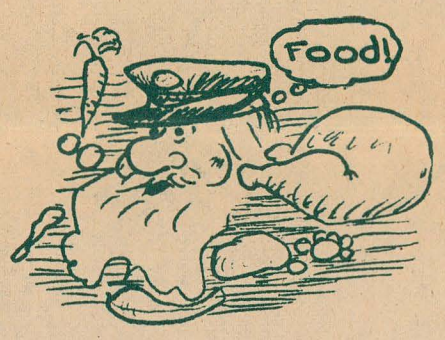
The Presidio Officers' Open Mess and NCO Club will be closed Christmas Day and New Year's Day!

Members are reminded to make their reservations as soon as possible for the gala New Year's Eve Parties.

The staffs of both clubs wish all their members a **MERRY CHRISTMAS** and a **HAPPY NEW YEAR.**

Black History Week meeting

A meeting will be held at the Recreation Center to develop community interest and input in the planning of activities for Martin Luther King Day and Black History Week. All interested personnel (active duty, dependents, retired, civilians) are urged to set aside Tuesday evening, December 21, at 7 p.m. If there are any questions, call the Presidio Human Relations Office at 561-4602/5045.



Christmas dinner—USO

Come all ye service people!

To a joyful Christmas feast at San Francisco USO, 1019 Market St., between 6th & 7th Sts., at 5 p.m., on Christmas Day, Saturday, December 25th.

All service personnel and their dependents will be warmly received. Santas Helpers and contributors to the dinner will be some of San Francisco's leading hotels, bakeries, as well as friends from the community. Our festive menu will consist of turkey, ham, potato salad, baked apples, rolls, pies, cakes and pastries. Come early, relax, have dinner, and stay for the 7:30 p.m. dance. Have a Merry Christmas with us at San Francisco USO!



Teen dance

Dance to that outstanding band "Southern Comfort." There will be ample refreshments, and prizes to lucky youths. All this is in store for those who attend the Recreation Services Pre-Christmas Dance/Party, December 17, 8 p.m., Teen Club, Bldg 92. All teenagers of active duty or retired military personnel are invited to attend. A special invitation is extended to teenagers of "Young Life," "Ft. Baker Teen Club," and all activities of the Youth Program. Don't miss this BIG affair.

PSF's teen club

The Presidio Teen Club will be closed December 24, 25 and January 1. On New Year's Eve, December 31, the Teen Club will be open.

Army community service

Soldiers and their families can turn to Army Community Service (ACS) centers for morale and welfare assistance. Many families make ACS their first stop at a new post where a reception and orientation await. If household goods are late in arriving, ACS comes to the rescue with a store of pots and pans, linens and baby furniture to allow the family to set up temporary housekeeping.

The ACS information and referral service can steer you to various helping agencies in both civilian and military communities. In addition, ACS offers a variety of programs including individual and family crisis counseling, emergency childcare services, and youth activities, as well as child abuse and handicapped dependents programs.

Private pilot

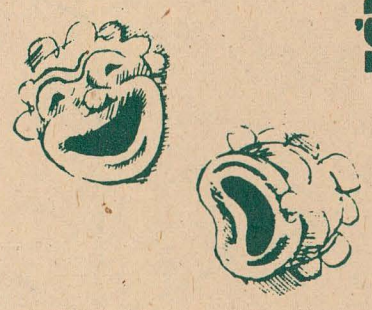
A six-week course to prepare students for the FAA Private Pilot Written Exam will be held at the Fort Scott Education Center if there is sufficient enrollment. The class will meet one night a week and will begin in February. Cost for books and charts will be between $30 and $35. Personnel interested in enrolling in the course should call the Fort Scott Education Center, ext 2974/4445 to register.

Movies

PRESIDIO THEATER
Friday, 1December 17, Mahogany (PG), 7 p.m.
Saturday, December 18, Special Matinee—Follow Me Boys (G), 2 p.m.
Saturday, December 18, Follow Me Boys (G), 7 p.m.
Sunday, December 19, The Last Hard Men (R), 7 p.m.
Monday, December 20, The Last Hard Men (R), 7 p.m.
Tuesday, December 21, Dirty Knights' Work (PG), 7 p.m.
Wednesday, December 22, Rollerball (R), 7 p.m.
Thursday, 1December 23, Robin and Marian (PG), 7 p.m.

SCHWARTZ/LETTERMAN
Monday, December 20 through Friday, December 31
Theater Closed

SEASON'S GREETINGS



Star Presidian

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Colonel Warren J. Lodge, Commander
Major Michael J. Williams, Public Affairs Officer
SFC Roland M. Taylor, Editor
SP4 Rebecca S. Hall, Reporter

A Christmas poem

T'was the holiday season and all through the stores,
People were crowding to finish their chores.
With lists in their hands and with all good intention,
There wasn't much thought given to Crime Prevention.

But that's just the time when one should remember,
Thieves and burglars, too, long for days of December.
With wallets and pocketbooks filled to the brimming,
Trees aren't the only things ripe for the trimming.

Your wallet is safest inside of your coat;
A pocketbook under your arm doesn't float
Around in the crowd for the e'er-watchful mugger
To grab it, and dash off in search of another.

Don't display credit cards — carry just what you need,
So you don't be a target to feed someone's greed.
Report any shoplifter seen in a store—
It's a crime, and it's costing us all more and more.

Beware of a bargain for you just might find
The item is "hot" — but a fence doesn't mind.
TV sets, fur coats, watches, CB's and such
Should trigger suspicion, if they don't cost much.

Keep your gifts in the trunk, or at least out of sight,
And remember to lock up your car day and night.
For your holiday party, do keep this in mind:
Don't leave coats and purses for burglars to find.

When you're hosting the party know the guests you invite,
So a gate-crashing burglar won't return late that night
To fill up his sack with your family treasure.
An ounce of prevention is well worth the measure.

When visiting friends leave your house all secure,
And please, above everything else, Lock Your Door!
Keep a light on inside and the radio blaring,
Thieves don't like company, they're not that daring.

The quietest room

They are waiting for you. They expect you. You will never know about it, so I'll fill you in on the details before the New Year starts.

The beginning for you will be when you stagger happily to your car. The beginning for them will be when the police radio announces the spot where you piled up your car.

You won't hear the sirens coming. The ambulance and police car will arrive together. They will check you over and pronounce you dead. A few curious people will stop their cars and walk back to gaze at your torn and dirty remains. Some of them will get sick.

The ambulance driver will roll out a leather-covered stretcher. The attendant will stuff your hands under your belt, then grab you under the arms. The driver will take your legs, and they will put you on the stretcher and cover you with a sheet.

They will drive you to the coroner's office and there a deputy coroner will wheel you to a big scale. He will remove the sheet. You will be weighed and measured. He will make note of any scars or other marks. Then he will cover you again and take you to a small room with walls of white tile.

They have hoses in the room, to give you a bath. Traffic victims are always bloody. They will clean you up and embalm you. You couldn't get better care at a mortuary.

Next you will be moved to a long hall with many stretchers lined against its pale green walls. There are 41 crypts. If things are dull you will have a stretcher and a crypt all to yourself. But if it's the Christmas holiday you may have a lot of company. They will leave you here in the quietest room in town.

In a hour or so they will come back and move you again. This time they will take away the white sheet and cover you with a blanket. You will be placed behind a large glass window so someone can look at you. Your spouse, girlfriend, boyfriend, parents or someone, has to identify you. Don't worry, though, you won't be able to hear their cries.

Yes, they are waiting for you: the police, the ambulance crews, the coroners at the morgue, the morticians. They are expecting you. Remember that, when you toss down that last drink and climb behind the wheel.

NOTE: Condensed from the LA Mirror-News, reprinted in Reader's Digest, contributed to SP by SP4 Donald McCormick, 170th MP Co.

Know your babysitter

With the advent of the holiday season, and thoughts turning to social gatherings, choosing the right babysitter is absolutely necessary. Here are some helpful hints in choosing and advising your sitter.

Know who your babysitter is and if he or she is capable and dependable. Don't forget to discuss the matter of guests with him or her.

Always leave the following information with your babysitter: a) the location and phone number of your destination and when you expect to return, b) the telephone number of the fire department (Emergency: 117/561-4317), the Military Police (Emergency: 110/561-2251), and the LAMC Ambulance (561-4177), c) your home address or building number to relay to the Military Police or fire department in case he or she needs to contact them.

Never come home later than the time prearranged with the babysitter. If you must return late, as a result of unavoidable circumstances, call home if at all possible.

With a dependable babysitter armed with these numbers, you should be able to return home to find your youngsters well taken care of.

Have a merry and safe holiday season.

Tragedies can be avoided

Christmas is a special time of love, joy, and the sharing of special moments with loved ones. People are killed every Christmas by those who wanted only to make it a more decorative holiday season. Avoid making death or serious injury your gift this year. By following a few easy precautionary measures this Christmas can be a safe and enjoyable one for you and your family.

—Natural trees should be fresh-looking and firm-needled when selected. Before setting up the tree, cut about an inch off the base to help the tree absorb water then place the tree in a sturdy stand containing water. Check the level of the water daily until the tree is disposed of, no later than January 5, 1977. Set up the tree away from heat and where it won't block doorways or stairs. Artificial trees should be clearly marked as made of slow-burning materials. With metal trees, use only indirect lighting to avoid the possibility of electric shock.

—Be sure to check all electrical Christmas lights closely for worn insulation, broken plugs, and loose bulb sockets. Use only electric lights and appliances with Underwriters Laboratories (UL) labels. Bulbs made in the U.S. generally are safest; imported bulbs may have dangerous hot spots. Electric cord sets with built-in fuses are strongly recommended. To avoid shock hazards, never hang electric light sets on metallic artificial trees. Turn off all indoor holiday lighting when leaving the house or retiring for the night.

—Never use open flame candles on a tree or near any evergreen or other flammable material. Use non-combustible materials, such as glass or asbestos or items which are flame-retardant for decorations. Keep natural evergreens and polystyrene foam decorations away from any heat. Natural evergreen decorations dry quickly, burn readily, so they should be handled carefully. It is wise to assure that holiday costumes and masks, such as Santa suits, whiskers, children's pageant outfits, etc., are of flameproof material.

—Dispose of gift wrappings promptly and safely—not in the fireplace.

—Be especially careful during the Christmas season to keep matches and cigarette lighters out of the reach of children, and try to keep youngsters from playing beneath or near the Christmas tree to avoid the danger of the tree falling over. Review the family's home evacuation plan for quick exit in case of fire. Keep stairs and landings free of obstructing items. Never leave children alone or without proper supervision, especially during this fire hazardous Christmas period.

Failure to pay attention to fire safety can inject tragedy into this traditionally joyful season.

A holiday recipe

Holiday times are for fun, joy, laughter, exchanging gifts and getting together with the people you care about—family and friends. Add a liberal dash of reasoning to anything you concoct for the holiday season, and you'll have memories you'll want to cherish—not something you'll want to forget.

Over one half of all fatal highway accidents and nerely half of all highway injuries involve drivers who have been drinking excessively. About one driver out of every 50 on the road is drunk. Not just "drinking," DRUNK!

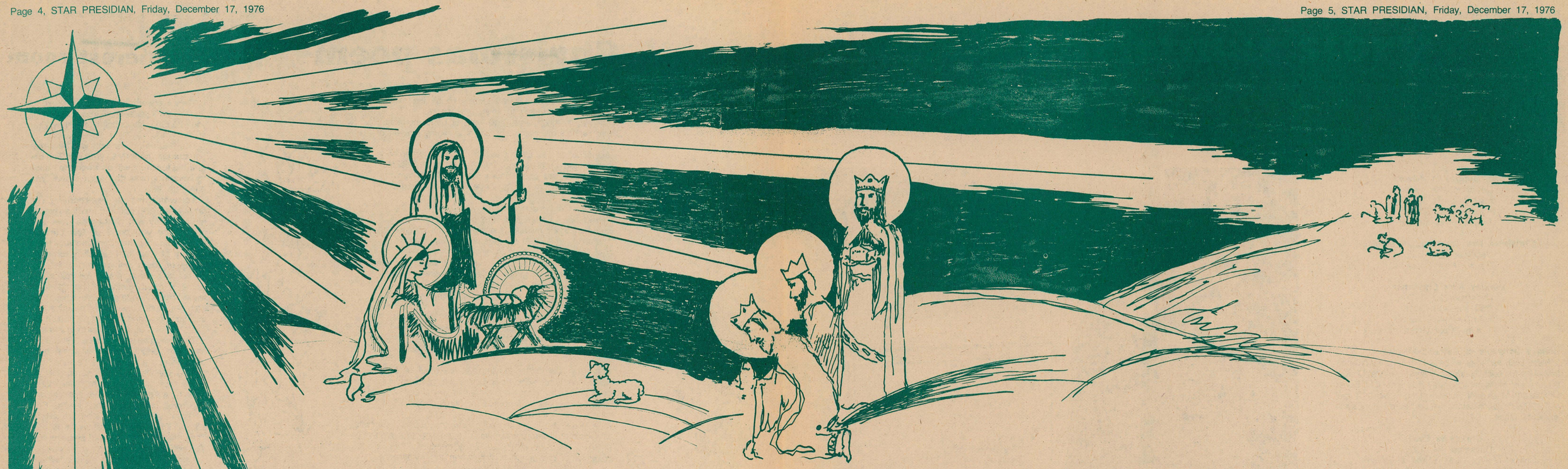
Here is a tried and true "recipe" for a safer, happier holiday season. It is a simple recipe, but it's one that's almost sure to work if you follow it exactly.

1 Drink
1 Hour
Cabs or Cars (WNDD—With Non-Drinking Driver)

Normally it takes the body approximately one hour to expel the alcohol in one crink. It is very important to be careful with this recipe because it is tricky! You can increase the time all you want—but NOT the alcohol. Cars (WNDD) or cabs should be utilized for guests who have had too much.

For some people the "social drink" can be deadly: a) for the recovering alcoholic, b) for the potential alcoholic, c) for any person who is going to perform any function in which impairment can result in increased danger to self and others, d) for the person whose personality changes under the influence of alcohol leads to violence, or depression, e) for the person taking medication or any other drug.

The host and hostess who are caring, conscientious, considerate and courteous do not ever push alcoholic drinks, and always have attractive non-alcoholic drinks.



A different Christmas story

Christmas, December 25, the Feast of the Nativity of Our Lord, commemorating the birth of Jesus Christ, is the most popular commemoration of the church year. Its observance as the birthday of the Savior is attended with secular customs often drawn from pagan sources; indeed both Christmas and Epiphany, which falls 12 days later on January 6, are transformed papal celebrations of the winter solstice, and so closely linked that their origins cannot be discussed separately.

Christmas, on December 25, is first known to have been celebrated in Rome in the second quarter of the 4th Century, when it commemorated the birth of Christ; there was as yet no Epiphany. In the eastern part of the Empire a festival on January 6 commemorated the manifestation of God in both the birth and baptism of Jesus (in Jerusalem, however, only the birth was remembered, and there was as yet no Christmas).

In the course of the 4th Century the celebration on December 25 was adopted in the East (except Jerusalem) and became the day the birth was commemorated, January 6 retaining its connection with the baptism. In the West the process worked out differently: Epiphany became a kind of doublet for Christmas, commemorating the visit of the Magi to the infant Christ, the baptism being relegated to a mere mention in the octave (the eighth day after the feast).

December 25 in Rome

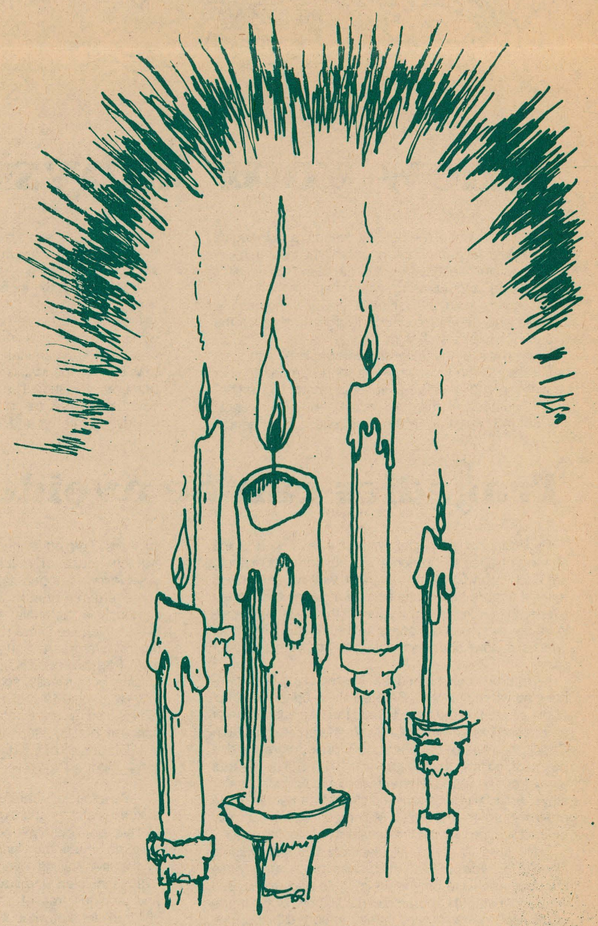
This was the date of a pagan festival in Rome chosen in A.D. 274 by the emperor Aurelian as the birthday of the unconquered sun which at the winter solstice begins again to show an increase in light. At some point before A.D. 336 the church at Rome established the commemoration of the birthday of Christ, the sun of righteousness, on this same date.

January 6 in Egypt

Clement of Alexandria reports that Gnostics in Egypt celebrated the day of Christ's baptism on January 10, though others said January 6 was the correct date. In either case, the date was thought to be the actual anniversary of the event. Clement does not give the name of this festival. The earliest mention of January 6 as a festival of the church in Egypt, as opposed to commemoration by Gnostics, comes from nearly two centuries later. Between 380 and 400 John Cassian made two visits to Egypt, where he noted that Epiphany was kept as the festival of both the birth and baptism of Christ.

Introduction to Eastern Empire

The first evidence of the celebration of Christmas as a separate festival in the East comes from the capitol of Constantinople. In 380, Gregory of Nazianzus delivered his 38th oration on the festival of the Theophany, when Christ appeared to men and was born in the flesh.



His 39th oration (381), on Epiphany, called the festival of lights, commemorated the baptism of Christ, the true light. He speaks of Christmas as recently past and reminds his audience that at Christmas they followed the star, worshipped with the Magi, were bathed in the light with the shepherds, glorified God with the angels, took Christ in their arms with Simeon and confessed him with Anna. Now, however, at Epiphany there is another event, and another mystery, the baptism.

Christmas began to be celebrated at about the same time in Antioch as in Constantinople. In his Pentecost sermon in 386, St. John Chrysostom refers to three great festivals, Epiphany, Pascha and Pentecost, and gives the ground for celebrating each of them.

If in Constantinople as in contemporary Egypt, Epiphany up until Gregory's two sermons, had been celebrated as a unitive festival of the nativity and the baptism, then the careful way he distinguishes the events accompanying the nativity from the baptism is most naturally explained. Christmas and Epiphany, it seems, had not been long distant, and the introduction of the former, as the introduction of the nativity of the incarnate Son may well have been connected with the struggle against Arians, who denied Christ's divinity.

The introduction of Christmas to other parts of the East can be passed over more quickly. Gregory of Myssa (396) preaching on the Epiphany as the festival of the baptism, says that the Nativity had been observed a few days earlier. The separation of the nativity and the baptism into two different days in Egypt is first known in 432. No doubt the Council of Ephesus in 431, with its insistence on the eternal divinity of the child born of Mary had given an impetus to this celebration. In Jerusalem, opposition to Christmas lasted long; it was not until the 6th Century that the Nativity was finally detached from January 6 and celebrated December 25. In the Armenian Church, Christmas is still not kept, the Nativity being observed on January 6.

Religious Practices

In the Eastern Church, Christmas commemorates the birth of Christ, together with the visit of the shepherds, who were told the good news by an angel on the same day, and the adoration of the Magi, about the time of whose arrival no precise information is given in the Bible.

In the Western Church, the birth and the shepherds only are remembered, for the adoration of the Magi is attached to Epiphany. This usage goes back to 5th century Rome but the evidence concerning it is obscure and scanty. In the Roman Catholic Church three Masses are said on Christmas day.

Traditional Customs

The traditional customs connected with Christmas have been derived from several sources as a result of the coincidence of the feast of the Nativity of Christ and the pagan agricultural and solar observances at midwinter. In the Roman world, the Saturnalia was a time of merrymaking and exchange of presents. But though the Christmas festivities were indirectly influenced by these customs, the fact that Christmas was celebrated on the birthday of the unconquered sun gave the season a solar background, connected with the kalends of January when houses were decorated with greenery and lights, and presents were given to children and the poor.

To these solstitial observances were added the German-Celtic Yule rites when Teutoric tribes penetrated into Gaul, Britain and central Europe. Yuletide brought its own traditions of feasting and mortuary customs, to combine with Roman solstitial and transitional New Year rites. Special food and good fellowship, the Yule log and Yule cakes, greenery and fir trees, wassailing, gifts and greetings, all commemorated different aspects of this festive season.

In the United States, traditional Christmas customs were at first suppressed, because of the Puritan objection to them as pagan in origin.

But for the past 125 years, Christmas has been increasingly popular, especially with the youngsters, and highly commercialized.



Last Sunday in Advent
December 19, 1976
8:30 a.m.—Ft. Scott
9 a.m.—Post Chapel
11 a.m.—Post Chapel

Christmas Eve Candle Light Service
December 24, 1976
7 p.m.—Post Chapel

Sunday After Christmas
December 26, 1976
8:30 a.m.—Ft. Scott
9 a.m.—Post Chapel
11 a.m.—Post Chapel

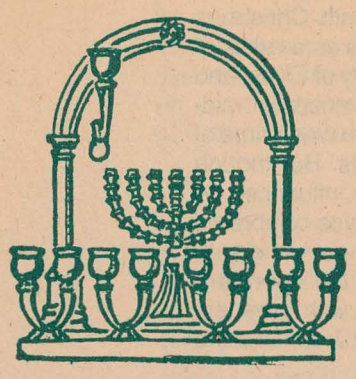
Holiday Schedule of Catholic Masses

Mass each weekday will be at 1:35 a.m., each Saturday at 5 p.m., each Sunday at 9 and 11 a.m. at Chapel of Our Lady. Mass each Sunday at 11 a.m. at Ft. Baker Chapel and Mass each Sunday at the Ft. Scott Chapel at 12:30 p.m. Confessions will be heard before each weekday Mass.

Christmas Eve
December 24, 1976
Chapel of Our Lady, 5 and 11:30 p.m.
Confessions from 3 to 5 p.m.

Christmas Day
December 25, 1976
9 p.m.—Chapel of Our Lady—Children's Mass
11 a.m.—Chapel of Our Lady
11 a.m.—Ft. Baker Chapel
12:30—Ft. Scott Chapel

New Years Eve
January 1, 1977
9 and 11 a.m.—Chapel of Our Lady
11 a.m.—Ft. Baker Chapel
12:30 p.m.—Ft. Scott Chapel



Hanukah, the Jewish Feast of Lights and Rededication, which lasts for eight days, begins this year at sundown, Thursday, December 16, and will end on Friday, December 24.

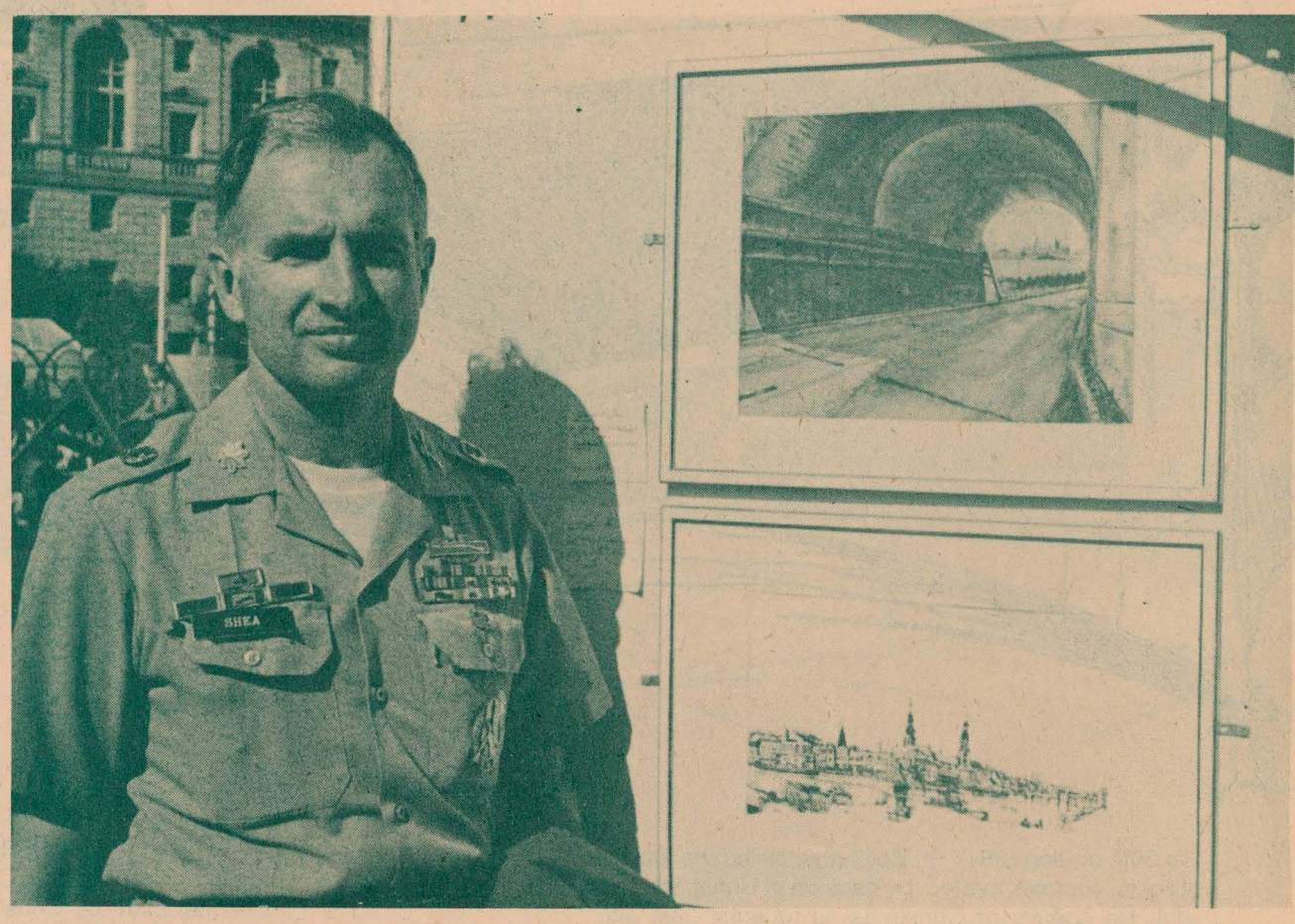
On the first evening, one light is kindled, the number of lights being increased on each consecutive evening. On the eighth evening, the entire Menorah is kindled. The extra candle, kindled each night, is used as the "shamos," or taper from which the other candles are kindled.

Basic to the celebration of this happy festival, according to Rabbi William Z. Dalin, LAMC and Presidio Chaplain, is the kindling of the Hanukah, lights, commemorated as history's first struggle for religious freedom, preceded by the Hanukah blessings and followed by the singing of the "Rock of Ages."

A candle-lighting ceremony will take place Sunday, December 19, at 3 p.m. at the Religious Activity Center, Building 682, Presidio of San Francisco. Rabbi Dalin will conduct the service. Gifts and refreshments for all.



Army officer is a talented artist



***Lt. Col Joseph Shea, commander,* San Francisco District Recruiting Command, Alameda, with two of his paintings on display in San Francisco.**

Lt. Colonel Joseph Shea, commander of the U.S. Army's District Recruiting Command in Alameda, is an unusual man. He is both an infantry Army officer and a talented artist. In July 1976 he began his present assignment as commander, San Francisco District Recruiting Command. The recruiting headquarters is located in Alameda and covers the area along the coast from Eureka to King City.

Colonel Shea views his painting as a hobby—"great relaxation." He began drawing and sketching as a child but had no formal training. At West Point, he discovered a fine old art library that almost nobody ever used. There, he did a great deal of reading in art and painting. Many of the books were written before cameras became commonplace. Now, he has an extensive art library of his own.

Recently two of Colonel Shea's paintings were on display at the 30th Annual San Francisco Arts Festival. One was a water color view of San Francisco through the tunnel from the Marin County side. The other was a pen and ink drawing of a European waterfront and depicts an old fisherman unloading his catch.

"The intriguing thing about painting," says the colonel, "is that it takes a great deal of discipline, very much as the military requires. You can have a wild imagination, but it must be harnessed and disciplined."

His own painting really got started during the second half of his tour in Vietnam. After six months of combat he was assigned to a training center. Off-duty recreation offered few diversions. To pass the time he began painting using water colors. Since then he has continued to paint for his own enjoyment. His work is exclusively water colors, pastels and pen and ink drawings. Though he considers it "just a hobby" he still manages to take some time regularly for painting.

Lt. Col. Shea's military home is the 1st Battalion, 30th Infantry: the unit which became known many years ago as "San Francisco's Own." He began his career as an infantry officer with them, and his assignment before returning to the Bay area was as Commander of "San Francisco's Own" now located in Germany.

Lt. Col Shea's goal is to make his recruiting command "San Francisco' Own" and his enthusiasm is catching on. And for his off duty relaxation, he says, "This area is just great for painting. There are so many things to see and paint. The redwoods, the wharf, the sailboats. You can get totally involved. It's a great escape from daily routine." He carries his painting materials much as the rest of us carry a camera. "I can sketch what I see and want to keep rather quickly." Drawing another similarity to a military career, "Anyone with moderate talent and self discipline can be a success. You must strive for quality and use quality materials. That's all it takes."

Crime Prevention update

Crimes for October and November

October 76			**November 76**		
Larceny of Property Due to Neglect:	17	$3,911.80	Larceny of Property Due to Neglect:	15	$981.35
Larceny of Property	28	$8,742.00	Larceny of property	18	$4,824.15
Housebreaking	4	$1,163.00	Housebreaking	7	$2,888.50
Vandalism	0		Vandalism	2	$30.00
Shoplifting (PX)	4	$19.70	Shoplifting (PX)	6	$50.00
TOTAL:		$13,836.50			$8,774.00

Although there is no legal hunting season on bicycles, they remain a species destined to become extinct. In 1975, in California alone, over 20 million dollars were lost by bicycle owners, who were either not aware, or who failed to heed the warnings of the "Bike Baggers." Here on the Presidio, 19 bicycles have already been bagged this year.

All bicycles on the Presidio are required to be registered with the Military Police Vehicle Registration section, located at the Welcome Center. To further prevent your bicycle from being "Bagged," mark or engrave your social security number into the bicycle frame for easy identification. Engravers are available through unit orderly rooms or call the Crime Prevention Unit at 561-5011 or 561-4357.

A child's Christmas menu

The STAR PRESIDIAN's inquisitive gourmet asked a group of Pre-Schoolers at the Presidio the following questions:

"If your mother asked you to help her fix the Christmas dinner, what would you fix? How do you fix it?"



Howard (4 yrs): "I would fix a turkey. You put it in the oven for about an hour and then you eat it."

Todd (4 yrs): "We would fix some cookies. I don't know how to make them."

Marcus (5 yrs): "Pies!! You make them with sugar, milk and flour."

Karen (4 yrs): "I would fix some candy canes. You use some sugar and candy."

Stephanie (4 yrs): "We would put some fruit on the table and fix some baked chicken. You put the chicken in a pan and then put it in the oven a little minutes."

Jessica (4 yrs): "My favorite is macaroni and beans. Put the macaroni in the oven and cook it with some onions and cheese. Put the beans in some water and boil them and stir them for five minutes."

Becky (5 yrs): "We would fix some greens, meat and macaroni. You put some water and salt in the greens and cook. Then you would put the chicken in some flour and then cook it. I don't know how to cook macaroni."

Beth (5 yrs) "I would fix some beans and hot dogs. I don't know how to cook the beans but I put the hot dogs on the stove and cook them."

Susie (4 yrs): "I would help her make some smashed potatoes and hot chocolate. You smash the potatoes with a spoon. First you cook the milk and then you put some hot chocolate stuff in it."



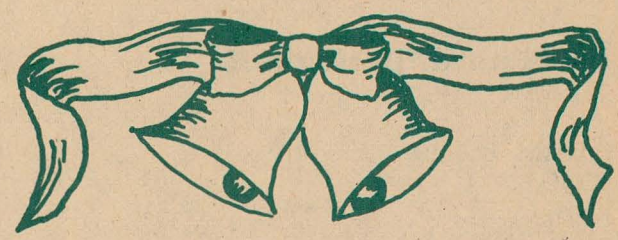
Dear Editor,

In mid-November, a letter was sent to the Commanders of this post, this hospital and to the Provost Marshal. The letter asked that a new parking facility be set up for motorcycles parking around LAMC hospital.

The present facility is neither large enough nor secure enough for the number of motorcycles driven to LAMC every day. There have been numerous cases of theft and vandalism at the present facility, not to mention damage to cycles due to having them fall over, after being parked on the dirt sidings.

We ask your help in receiving an answer to our inquiry.

The Owners and Operators
of motorcycles at LAMC



The secret eye

A gathering of people and events under the watchful SP typewriter

By Eve S. Dropper

Christmas is upon us. As much as I love the holidays, it seems people get enthused too early and it sort of dies out by the time Christmas actually gets here. The commercials, the decorations (usually up the day after Thanksgiving), and all the sales pitches. But, the people seem to get merrier. Wishing each other happiness and joy. It's really too bad you only wish people good tidings on special days. Course I guess you'd appear pretty silly if you went around wishing people a Merry Christmas in July . . .



With Christmas trees up and decorations galore, the time for caroling and seasonal music is here. That's just what the band's been involved in, too. In the last week they've played five Christmas concerts; two at junior high schools, two at the Officer's Club and one at LAMC. Wonder why they didn't have one for just 'us' folks? Guess you can't schedule everybody . . . For the holidays, the band is on a 'blanket' leave. No concerts or anything like that going on, so the guys will either have a chance for a great holiday or a lot of practice . . . SFC John Taylor, SP5 Marshall Symth and SP5 Michael Wood are all leaving the musical world of the band here and are going to join the marching ranks in Korea. Sgt. Tom Hammond is also leaving and going to Panama. (Even the name sounds warm!!!) And SP5 Robert Young is off to Germany. Robert Young . . . sounds terribly familiar, doesn't it???

The 227th is through with the Swine Flu program and is now preparing to move. Yep. The WHOLE unit. They're moving to Ft. Lewis. I hear there's a lot of 'cabin fever' there, so get involved. The rain never hurt anybody! I also heard Sgt. Bob Hall got an award for completion of Basic NCOES from the Academy of Health Sciences. He deserves a pat on the back for that one. (Guess where I got that bit of info?) SP5 John McCauley is rehabing nicely after his ankle surgery. He's finally out hobbling without his cast. Glad it's off, John! Also, McCauley is going to Korea about the same time the unit PCSes to Ft. Lewis. SP5 Gilbert Gonzales will be off to Germany about that time, too. And Capt. Worth Taylor will be ETSing in January. Seems like the 227th will be staffed by entirely new personnel!!! We'd also like to give brownie points to Mrs. Lyle McKenzie (Yumie), Mrs. Gilbert Gonzales (Ophie) and Mrs. John McCauley (Linda), for their volunteer work with the Swine Flu program. Seems that they did an awful lot of shooting, just cause they wanted to help. Good work, girls.

Remember that big wind storm we had? Well, the 864th Engineers had a job of it trying to clean up that mess. They had this post and all the sub-posts to do. Picking up limbs and sticks and goodness knows what all. But, they did put the posts back in order. The 864th got some new troops in. Pvt. Mason Shelton, came from AIT at Ft. Leonard Wood, SSgt. Carl Hadlock came from Korea, SP5 Johnny Pattison from Germany and Lt. Guy Griffin from Ft. Belvoir. Leaving the Engineers were SP4 Stephen Reese, to Germany and PFC Larry Burdick ETSed. It never ceases to amaze me the number of people the Army moves around. Wonder how they really keep track of everybody??? Seems like a staggering job . . .

SP4 Ricky Bazile joined the 864th Engineers from Berlin. Doesn't Berlin sound very exciting? Everytime I hear it I think of all the espionage, and movies and oh, other stuff, It'd be a nice place to visit, but one of those places that I wouldn't want to live . . . Lt. Guy Griffin came in from Ft. Belvoir VA. And SP5 Robert Dianetti has departed for Germany. Traffic keeps moving, always.

The MPs are always so very busy. 504th HHD got in a Pvt. Larry Backus and they sent SSgt. Robert Smith down post to be promoted to Warrant Officer. I still haven't figured out exactly how that works . . . SSgt. Juan Ovalle joined the 170th from Korea. Pvt. Gary McLeod came in from AIT at Ft. McClellan and SP4 Linda Tolley also came in from Korea. SP4 James Kardeke left the 170th for Germany. Last week, as you all remember, the 170th and the 504th were down at Hunter-Liggett for a FTX. Well, they made it back all safe and sound and are resuming their regular duties . . . Now, news from the 402nd. Lt. James Ladd just came in from MP Officer's Basic at Ft. McClellan. SSgt. Leo Paonessa has ETSed. There's a farewell party today for Capt. Raymond Reass and his wife. Capt. Reass is leaving the latter part of this month to go to the U.S. Army Comptroller School at Ft, Benjamin Harrison. When he finishes school he'll be joining the 8th Army in Germany. Capt. Reass will relinquish his duties to Lt. Terry Moreau, coming from the 504th HHD. Good luck to both of you in your new assignments.



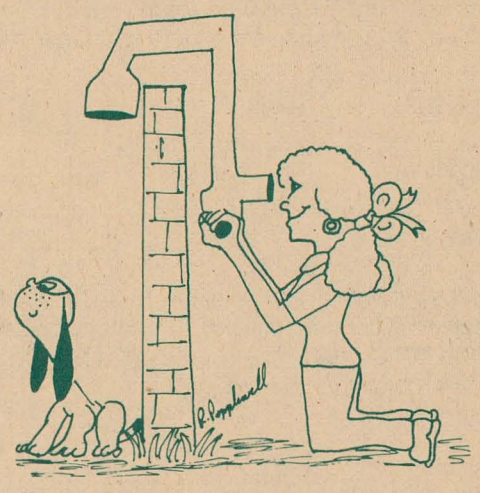
There've been a couple of people hit by automobiles lately. Seems they were in the crosswalks, but one driver was blinded by the sun and didn't see the victim while the other victim was wearing dark clothing, at night, and wasn't seen. So, to borrow Capt. Borders phrase, remember, your right-of-way cannot stop a 3,000 pound automobile. That seems to make a lot of sense to me. He also says that the holiday season will present many hazards, like earlier hours of darkness, fog, more traffic, etc. So, be careful. Let that car go by first, then hoof it on across the street. I really can't think of anything that would make me be in such a hurry as to throw caution to the wind . . . besides, I want to be around in one piece, for next Christmas.

The BPO got in a SP4 Yong Cha from Korea. They also had a visit from the new Headquarters Commandant, LTC Roger Baker. LTC Baker has taken over the responsibilities from LTC Irwin Hirsch; who'll be retiring the end of this month. We're sorry to see LTC. Hirsch go, but I hear LTC Baker is a really good officer, from those who've met him. Nice to have ya here, sir.



PFC Jackie Dawkins got promoted to SP4 and shipped out to Korea, too. Must've been one of those busy days . . . Pvt. Jeannetta Jackson was promoted to PFC. Congrats to both of you. And the BPO is busy hand delivering Christmas mail. The BPO lost their last basketball game. 6th Army beat them with a 57-54 win. Just skated past them, but a miss is as good as a mile

Big News!!! SSgt. George Staples has reenlisted for three more years. In case any of you people assigned to USAG don't know who he is, let me tell you. SSgt. Staples is the duty roster NCO. So, he's no longer short and he claims he's ready and raring to go on the new duty rosters. I don't know if I'd like his job. It'd seem everybody would be on your neck about not wanting to pull duty. Again. So, remember your Ps and Qs.



This is the last paper till next year. I love that. Next year. Sounds like it's a long way off, doesn't it? Then the first month we'll all spend writing 1976 and having to redo everything. I will anyway. Creatures of habit. For myself and all the people in the office, I'd like to wish each of you a very happy holiday and the best in 1977. Got those New Year resolutions figured out yet? If you smoke, now's a good time to quit. I may even try. Again.

Well, it's time to take 'n take 'n keep on whatevering. You've only got two more weeks to get all of your whatevering done for '76. Hope it's been as good a year for all of you as it has for me and mine. We love ya.

Parent support for youths

A dire need exists for parents to support their children's teams during youth basketball games by being present and watching them perform. All games thus far have been exciting and offer good entertainment. Youths will exert a greater effort knowing that their parents are watching and cheering them on. This small effort on your part will encourage the youths to perform to their utmost and leave them with a feeling that someone cared enough to watch them. Minor League games are played at the Post Gym, and Major League games at LAMC Gym.

sports

Intramural Basketball

Presidio League	W	L
USAG	5	0
LAIR	4	1
LAMC No 1	3	2
AFPD	2	3
170th MP Co	2	3
402d MP Co	2	3
LAMC No 2	0	6

Ft. Scott League	W	L
666th Radar Squadron	5	0
6th Army	3	1
504th MP Bn	2	1
16th BPO	2	2
WRRC	1	4
864th Engrs.	0	5

RESULTS

December 8

LAMC No 1	67
402d MP Co	41

LAMC No 1 got back on the winning side as they scored an easy win. The hospital team had four players in double figures. Ukkerd of the MP's scored 29 points out of his team's 41 points.

666th Radar Squadron	74
WRRC	52

This undefeated squad ran its record to 5-0. Love had a hot hand as he scored a league high of 40 points.

December 9

6th Army	74
864th Engrs.	64

6th Army pulled out a game tied at half time to a 10 point victory. This enabled the team to move into 2d place. Five 6th Army players scored in double figures.

December 13

170th MP Co	44
402d MP Co	37

Down by 4 points at half time, the 170th MP Co team rolled behind Miller's shooting of 10 points in the 2d half. The 170th MP Co defense held the 402d MP Co team to just 14 points in the 2d half.

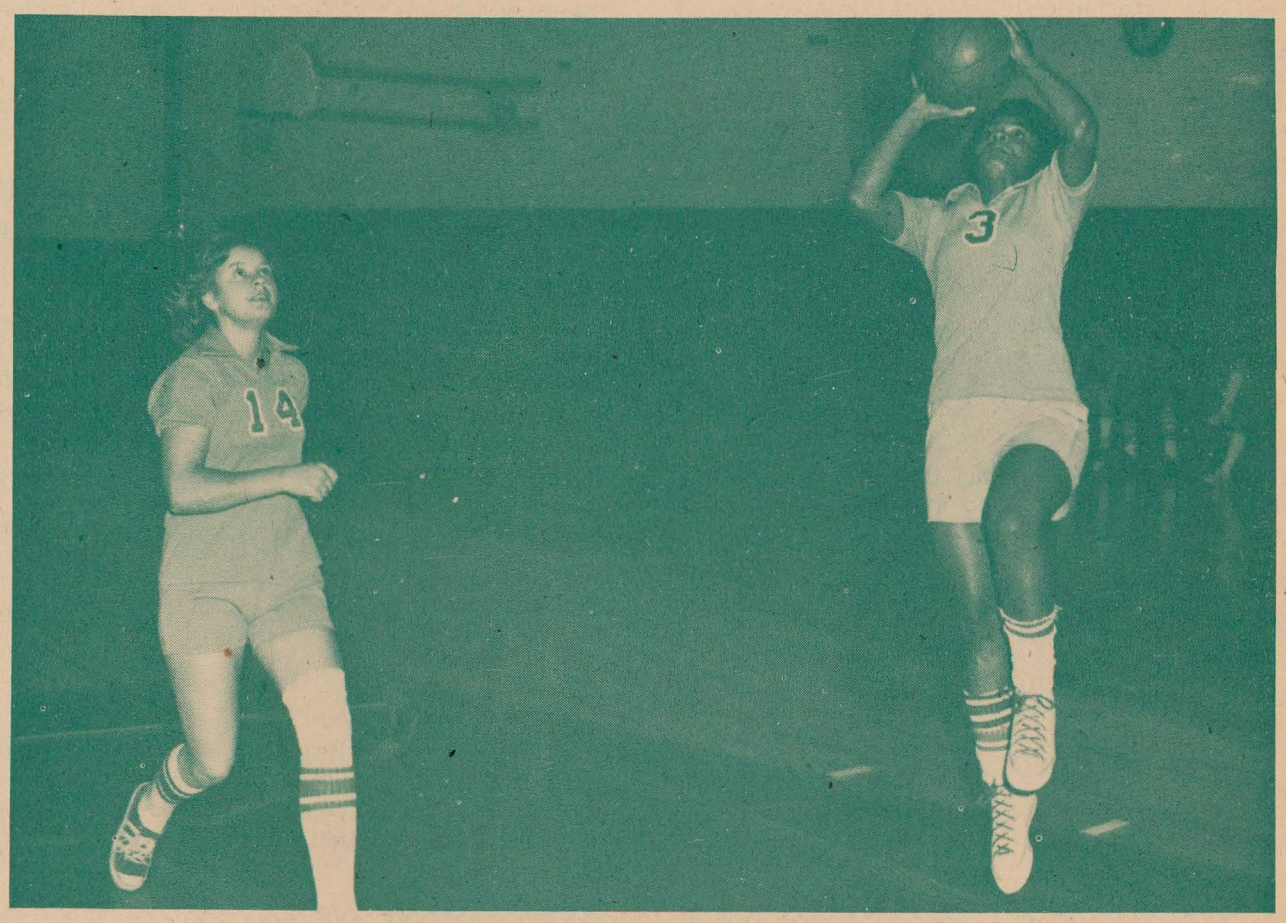
LAMC No 1	50
LAMC No 2	34

Inter-hospital rivalry saw LAMC No 1 win their second game in a row. All nine LAMC No 1 players scored as this well-balanced team is playing well lately.

USAG	70
LAIR	61

The "big" game of the day saw USAG remain undefeated as they played steady basketball against LAIR. The second half saw both teams shoot it out as LAIR actually outscored USAG, 39-38. High score for LAIR was Peterson, who scored 23 out of his game high of 25. But USAG was lead by Gagnon and MacReynolds who scored 22 points together in the second half.

WIRL Champions



Two Presidio women basketball players **were selected for the All Tournament Team after the Presidio team won the WIRL Basketball Championship. Number 3, Jean Ross, and number 14, Cheryl Fredrickson, were the two selected.**

The Presidio Women's Basketball Team are the WIRL Basketball Champions for 1976.

The Women's Interservice Recreational League (WIRL) Basketball Championship Tournament was held last weekend, December 11-12, at Travis Air Force Base. Presidio's women exhibited simple jump shots, the intricacies of a well-executed freeze, excellent offense, pressing defense, wizardly rebounding to physical limits. Playing three games a day, the women's team finally over came a strong Travis team in the finals with a 36-34 win for the 1976 WIRL Championship. Two members of the team, Jean Ross and Cheryl Fredrickson, made the All Tournament Team.

The 1976 Champions are: Cathy Chadbourne, USAG; Cheryl Fredrickson, 402nd MP Co.; Debra Larson, 402nd MP Co.; Marie Osborne, 170th MP Co.; Jean Ross, USAG; Joyce Warhank, 170th MP Co.; and Linda Yunan, 16th BPO.

Run for your life

The "Run for your Life" program is patterned on progressive distance running based on the aerobic theory to strengthen the cardiovascular system (heart, lungs and blood vessels) by gradually expanding their capacity to handle stress. The program provides sufficient exercise to significantly improve the strength and running endurance of regular participants. All military personnel, dependents and members of the civilian community who work on post are invited and encouraged to voluntarily participate in the program. Combined with a sensible diet, this lifetime sport can be fun and enjoyable. Visit Bob Darling at the Post Gym, Bldg. No. 63 for more information.

Need for coaches

A dire need presently exists for personnel to volunteer their services to coach Youth Basketball teams. A knowledge of the game and a desire to work with youths are necessary factors. Those interested should call the Youth Activities Director, 3637/5141, or contact SSG Howerter, 5034. A lack of coaches could very well affect this fine program.

NATO basketball championship

The U.S. Army team is at SHAPE Headquarters in Brussels, Belgium preparing for the NATO Basketball Championships. Member nations of NATO field teams in this annual tournament. The Italians and U.S.A. squads are the favorites. Schedule of first round games for the U.S.A. is as follows: US vs Turkey; US vs SHAPE HQ and US vs France. Members of the team from the Presidio are: Alfred Forney (USAG), Pierre Russell (USAG) and Daniel Jackson (USAG).

Post squash championship

Thomas Egan of LAMC edged out Edward Flanagan, Hq 6th Army, for the second year in a row for the Post Squash Championship. This fast action sport provided plenty of competition for all contestants. The double elimination tournament whittled down to two of the finest players on or off post in our area. Both are top-rated players for their age groups. Flanagan's continued improvement really showed as he pushed Dr. Egan to his best effort in quite a while.

FORSCOM goes to NATO tournament

Five FORSCOM soldiers will represent the United States as members of a DOD basketball team participating in the 1976 NATO international tournament hosted by Supreme Headquarters, Allied Powers, Europe (SHAPE), Brussels, Belgium, December 3-18.

Selected to the final squad were Specialist Four Daniel Jackson, Private First Class Alfred Forney and Private First Class Pierre Russell, all assigned to United States Army Garrison, Presidio of San Francisco; Private First Class Harold Lewis of 1st Battalion, Headquarters and Headquarters Company, 67th Armor, 2nd Armored Division, Ft Hood, TX; and Specialist Four Jyrona Ralston, Headquarters and Headquarters Company, 194th Armored Brigade, Ft. Knox, KY.

Coaching the team will be Hal Fischer of the Presidio of San Francisco. Fischer has coached the Army team to victory in the all-service basketball tournament of the last 20 years.

Notes from the Keg Board

Intramural bowling standings

Presidio League	W	L
170th MP Co	36	4
864th Engrs.	32	12
LAIR	29	15
Spt. Elm. No 1	28	12
51st Engrs.	23	17
USACC	20	24
LAMC No 1	11	33
USAG No 1	5	35

Golden Gate League	W	L
LAMC No 2	38	6
USAG No 2	32	12
525th MI Gp	29	15
USAG No 3	26	18
AFPD	23	21
16th BPO	17	27

Ft. Scott League	W	L
SFFO CID	30	10
Spt. Elrn.	28	12
USASA	26	14
LAMC No 3	25	11
16th BPO	23	17
170th MP Co	21½	14½
6th Reg. CID	20½	19½
402d MP Co	12	24
525th MI Gp	5	35

U.S. Government Printing Office, 1975 Jacket 789-036, Print Order No. 11